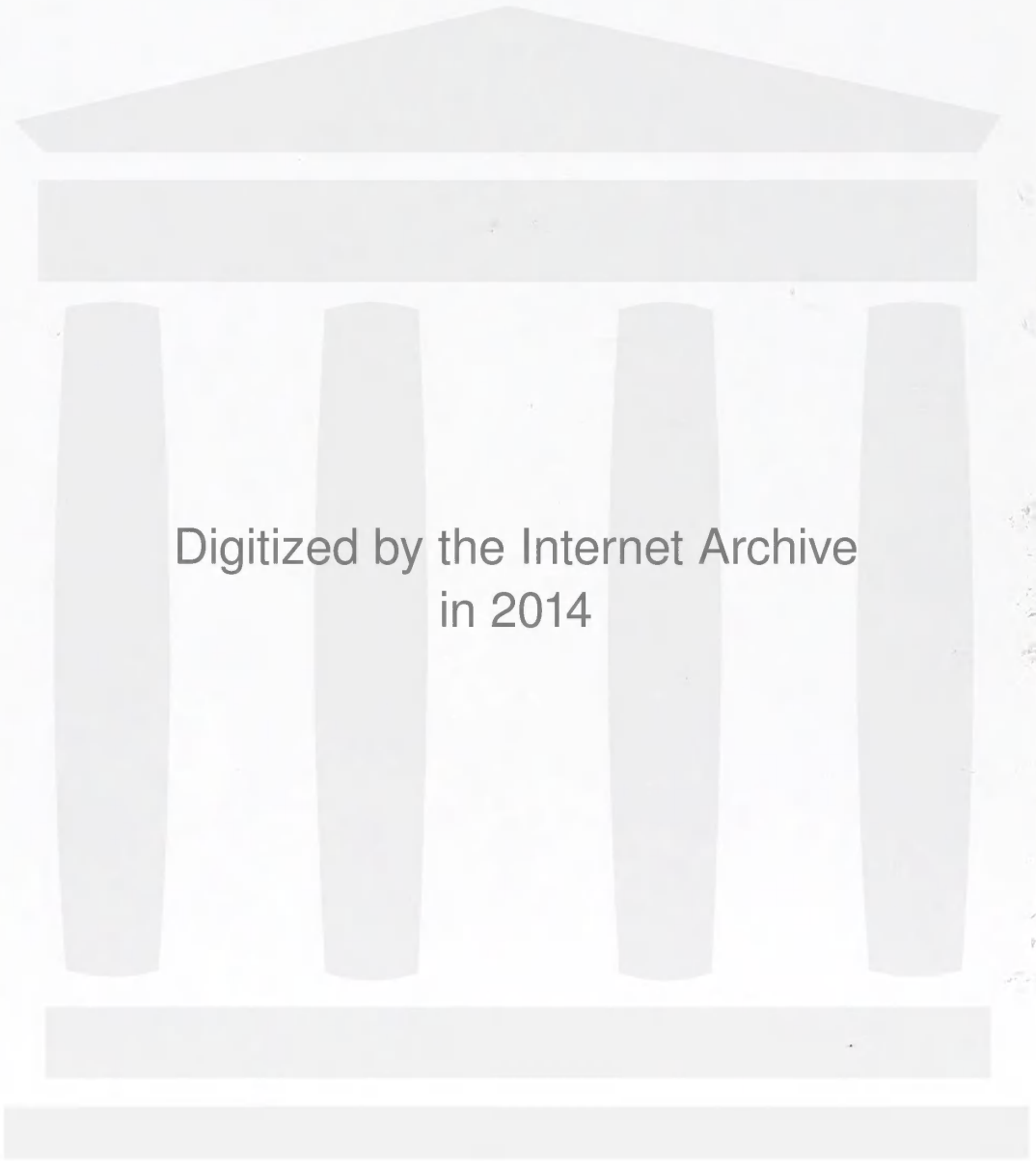

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Editor's diary

By Lenore Hershey

1978: MAY THE STORMS ABATE

What are our goals and hopes for this year? Here are a few. May the *Journal* continue to serve you through the tangle of current change, balancing fresh viewpoints with the old, useful verities. May we somehow give you added strength: with added skills, sharpened insights and sometimes the lift of pure joy. May we as a magazine enlist women of goodwill at the center to neutralize some of the conflict and polarization that has scarred the women's movement. Perhaps all factions can stop shouting *at* each other and start talking *to* each other, and not let the advances of the past decade go down the drain. We can and will continue to be concerned about violence on TV and in movies, and the pornography everywhere that uses and abuses women. But what about our own magazine industry? How many newsstands in your neighborhood are now totally dominated by male sex magazines that outrage taste and offend intelligence? (Write and tell us how you feel about this.) We hope to continue to bring your attention to, and encourage your action on, many serious national issues. But mostly, we hope to continue the deep kinship and intimate dialogue that now brings *Ladies' Home Journal* into its 95th year as the leading magazine for women. May the storms abate, may the good things await.

Happy New Year, everyone!

Lenore Hershey



Photographer Howell Conant—with Princess Grace, Princess Caroline and Caroline's fiance, Philippe Junot—preparing story that begins on page 67. Conant's grandfather, father, two uncles and two cousins were all photographers. Howell, 59, lives on Block Island, R.I., and commutes to assignments by his own airplane. He learned to fly seven years ago.



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What's happening



Gene Shalit talks with Jane Fonda about family and fame and about her role in *Julia*—"The best movie I've done."



When Jane Fonda flashed through New York on a one-day-in-and-out whirl not long ago, I hied me hence to her presence. What a woman! Her glorious frizzy hairdo appearance blew me away. She is a sight for soaring eyes! At 40, Jane Fonda has never been more alluring, more knowing, more at peace as a person, more in demand as an actress. Her portrayal of Lillian Hellman in *Julia* is being acclaimed from coast to coast, to say nothing of deserts and mountains to and fro across the land. Don't you think we should stop all of this and get to the interview? Perhaps we'll start with:

Does the fact that you've turned 40 terrify you?

"No," said Jane Fonda, her eyes asparkle. "I'll tell you something. When I turned 30 (I remember the day very well), I was pregnant and I had the mumps and Faye Dunaway had just come out with *Bonnie and Clyde* and I thought my life was over because of her competition and I thought I'd never work again and that I was through. I was very scared. All I had in my life was my youth. Now I thank God that in the time since then I have become a different person, and that I've learned that there's a lot more in my life than youth. I have a family, I have a happy marriage and commitment—I believe with all my heart that people can make a difference, that we can make a change in the direction our country is going, away from mindless greed and expansion to improving the quality of our lives. I am concerned with issues that are broader than myself. So my having reached forty has been accompanied by a sense of peace, with a sense of being relevant. When you have all of that, age only brings wisdom, it doesn't bring fear.

What are your political causes?

"I'm not a cause-oriented person. The central issue is the people's loss of control over the economy. How have a small number of huge corporations taken it over? Inflation, unemployment, loss of competition, pollution. You could say the central issue is everything."

Is that what you speak about at colleges?

"That's *all* I talk about."

I thought kids had no passion for issues any more, that they are only in a race for grades.

"They *do* worry about grades and getting a job, and well they should. But no matter how high their grades they are graduating into a time of high unemployment and they are concerned. They're not inflamed by a single issue—I call this the Age of Nothingness. My speech is always greeted with tremendous enthusiasm and there's an hour of questions afterward. The questions are always the same: What are we going to do about it? Isn't big government as much an issue as big business? Their questions reflect concern and intelligence. They want to know what they can *do!*"

Would you ever run for office?

"I can't imagine anything more horrible. I know from my husband's senatorial campaign in California that elective politics is very rough. It's rough on your family, it's rough on your personal life, it's hard to get through. Put it this way: If I think the issues that I stand for can be helped by my running for office, then I would do it."

Let's talk (continued on page 11

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What's happening

continued from page 8

about your role as an actress. Do you love "Julia" as much as I do?

"I think *Julia* is probably the best movie I have ever done. My role in *Klute* was flashier, but *Julia* was harder because the part is more static—this relentless commitment, this sort of driving force was hard to sustain. But I also liked, very much, my role in *Klute* and I liked *They Shoot Horses, Don't They?*, and I liked *Fun with Dick and Jane*. I like the people I play. I develop a fondness for them along the way."

Have you ever heard of a woman named Unity Mitford?

"Yes. A friend of Hitler's."

Would you like to play that sort of person?

"Absolutely. In a minute! I would much rather play a fascist, a reactionary, in a movie that threw some light on fascism and reaction, than to play a liberated woman in a film that related to nobody's life."

Jane, what about folks who think a mother's place is in the home? Do you think women are confused by this?

"I think almost everybody is confused. It's a *time* of confusion, people feeling frightened and frustrated. Remember that line from the movie *Network*—'I'm mad as hell and I'm not going to take it any more!'? Whether it's the wife of a businessman or a farmer's wife, or just about anyone, they've discovered that they're among the people in trouble. I think the solution for women isn't to say that men are the enemy. We can't achieve what we women want to achieve unless we work with men. Not that there shouldn't be a women's movement—there has to be a specific focus on women's issues—but the roots of the basic economic issues go very deep. The solutions will come as everyone joins in to address the problems. I'm against sectarianism and for unity."

Do you still believe that women should be "feminine"?

"I don't see why a feminist can't be feminine."

What does "feminine" mean?

"Aware of yourself as a woman. Clean and tidy and proud of your being—physical, mental, spiritual."

It doesn't mean sexy?

"No."

May I ask about your family? How is your father? He's one of my all-time favorite actors.

"When my father was sick—you know he had severe heart problems—I went to visit him one day and he was not well, but he was not in any kind of 'down' frame of mind that one might have expected. I found that he had gone through the Yellow Pages and phoned an apiary and asked them to deliver some beehives. He got all the equipment and began to read everything he could find about bees. Sure enough, he has begun to raise bees and he gets about 150 pounds of honey a year. He has become a bee expert."

Are you and your Dad and your brother Peter close?

"Yes, but we don't see each other enough. Like now, I am going back to California but my Dad is leaving California to go on the road with a new play that he is eventually taking to Broadway. Peter lives in Montana. I just wrote him a letter giving him hell because he never lets me know when he's in town. We're close but we need to see each other more often."

Would you like to work with your father?

"I think he's the greatest actor we have, but there are just not enough parts around for him. I'd like to try to find one and either be in it with him or just produce it for him alone."

Do you find yourself separated from your children because of your work?

"I have in the past found myself separated from my daughter during the periods of time she is with her father [Roger Vadim], who lives in France. That is the tragedy of separated parents. But now her father is living in California and I'll be making a film there, so we have this joyous situation of not having to be separated. Generally speaking, the kids [including four-year-old Troy, son of Jane and her husband Tom Hayden] come with us when we go campaigning or whatever, and I'm only on the road talking on college campuses twice a week. I try to work as much as possible in Los Angeles.

Do you ever see Vadim? Do you get along?

"Oh, we're very close friends."

To get back to "Julia," what makes it so special?

"It is such an intense scrutiny of a very deep friendship, and that's rare."

Is it rare because it's between two women?

"That makes it rarer. These women are real people, interesting people, at a dramatic moment in history.

I read so much now about the sudden renaissance of women in movies. Jean Moreau told me not too long ago that there can be no good movies with women as central characters because movies are written by men and no man can understand women. Yet Alvin Sargent wrote the screen play for "Julia" and did a beautiful job. Do you think Jean Moreau is wrong? Can men understand women?

"Yes, I think she's wrong. Alan Pakula, who directed me in *Klute*, has infinite understanding, an identification with women. I don't think gender has much to do with it. If more women writers were given a chance you might see another angle, another view, but I think some of the great films about women were written and directed by men."

It's been a big year for women in movies—Sophia Loren in "A Special Day," Diane Keaton in "Annie Hall" and "Looking For Mr. Goodbar," Isabelle Huppert in "The Lacemaker," you and Vanessa Redgrave in "Julia." Did it happen spontaneously, or have you people in Hollywood been beating producers over the head saying "When are we going to get some good roles here!"?

"Oh, there's been *kvetching* for a few years, but it takes a while for that to surface in some tangible form. It's happening now, but I don't know what it will mean. It really depends on whether or not these movies make money. If good movies don't make money it'll be a setback. The bankers won't give money to make *more* good movies. We need more complex movies that show people as being brave and intelligent and complicated, as people *are*. Too much of our culture is geared to the lowest common denominator."

GENE SHALIT RE-VIEWS

Annie Hall, Woody Allen's new movie, is more than his best film; it is an event. What a treat! Diane Keaton is marvelous; Allen a genius.

Bobby Deerfield may be big-name and highly publicized, but rarely has so much talent been tossed into trash.

Fantastic Animation Festival gathers together 16 animated films for an entertainment that is always diverting, often extraordinary.

Freaky Friday, squeaky-clean fun from Disney, takes a madcap look at a mother-daughter relationship. What a pleasure *good* Disney can be.

Julia, based on a story by Lillian Hellman, stars Jane Fonda, Vanessa Redgrave and Jason Robards. It is complex, intelligent and heartbreaking. Fred Zinnemann directed; his work is a gem.

La Grande Bourgeoise, a story of family tragedy, moves with languorous ease to an intricate, perplexing and sorrowful conclusion—one of the year's most satisfying films.

One on One is pleasant college basketball pulp, freshly scrubbed in the mood of a Norman Rockwell painting.

The Spy Who Loved Me is one of the most amusing and lighthearted in the James Bond series. What fun!

Star Wars is a super picture filled with imagination, humor and joy, with stunning effects that use the visual power of pictures to provide pleasure. The whole family will have a holiday.

Valentino is contemptible—hideously tasteless and incompetently made.

At the movies
LOVE AND SEARCHING

One of the most satisfying of pleasures is walking into a movie you've never heard of and finding it marvelous—seeing an actress you've never heard and finding *her* marvelous. The actress is Isabelle Huppert and the movie is *Lacemaker*, a story of love and search, love and winning, loving and losing, deals with two French women, frie

(continued on page



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GENERAL FOODS

Can this marriage be saved?

By Dorothy Cameron Disney

Though Lisa loved Ron, she was frightened of sex. How does a wife who can't make love prove her love?

This case is based on information from the files of the Pikes Peak Family Counseling and Mental Health Center in Colorado Springs, Colo. Founded in 1887 as the Women's Aid Society, the non-profit organization has served more than 28,000 people in the Colorado Springs area. The true story reported here is drawn from counselors' reports of interviews. Names, geographic locations and other minor details have been altered to conceal identities. This month's case was reported by Donna Durrett.

LISA'S SIDE

"I am about to lose the dearest man in the world because I'm not sexy enough for him," said 20-year-old Lisa. A small, fair woman with short, curly hair, Lisa worked full-time to subsidize college studies for Ron, her husband of ten months.

"It seems I'm not sexy at all," Lisa continued. "Ron yelled at me last night, saying that in the sexual area I rate a zero.

"Much as I love Ron in all the basic ways that count, I don't know how to be seductive or sexually responsive. Ron is twelve years older than me, has been married and divorced, and is extremely experienced sexually. Nevertheless, in spite of countless hours of lovemaking, he has yet to bring me to a climax—although I must admit that I have no idea what a climax is supposed to be like. I've read dozens of books on the subject, but I still don't understand what is so wrong with my personality, or maybe my body, that I can't please Ron in bed.

"I'm not a cold person by nature, far from it; I'm certain I'm not frigid. Nor am I a prude. I crave affection, tenderness, hugs and kisses. When Ron used to hold me close to him, I would be so thrilled that I would almost drown in my love for him. But then Ron inevitably would rush into sex, leaving me overwhelmed by a physical pain I couldn't bear.

"Sometimes I would scream out and twist away from him to relieve the agony I felt. Other times I would manage to keep quiet, but even then I burst into tears from the pain and frustration. Of course, Ron soon realized that I hated having sex with him. He decided that my abnormal reaction meant that I didn't love him, which is fantastically untrue.

"I used to try with all my might to cooperate with him, following the suggestions in the sex manuals and his explicit instructions. Nothing worked. The pain didn't lessen; it increased.

"Ron thinks my pain is imaginary. Often he grabs my shoulder, shakes me and shouts that I am a phony and a fake. I'm angry at his unfairness; sometimes I hate his as much as I hate sex. If Ron truly loved me, as he swears he does, it seems that he would be more sympathetic. He should understand that I am bitterly humiliated at having failed him as a wife. I wish he would cut down on his constant demands and occasionally give me a little peace.

"Last night he yelled that if he had his choice, we would have sex two or three times a day. I yelled back that my preference would be: Once a month or *never*. . . .

"When I met Ron nearly two years ago, I was immediately attracted to him.

"Our first evening together, we seemed to agree on everything. Then the following week, in fear and trembling, I invited Ron home for dinner with my parents and three kid brothers. Dad invariably rejected all my boyfriends, but for some reason he immediately took to Ron.

"We had a wonderful time that day, but later I remember Mama saying in a sad voice that she wished my sister Janice could have been there. The wish was impossible, but I shared it.

"Janice, who is six years older than me, was a wonderful big sister. She told me about menstruation and childbirth, subjects Mama was too shy to mention. She also gave me my first horseback riding lessons, and one morning when I was thrown jumping a fence, it was Janice who rushed me to the hospital. There I had a frightening and terribly embarrassing gynecological examination. (Luckily I turned out to be okay.) The accident was much harder on Janice. She and my father never had gotten along, and he totally blamed her for the spill. From then on they fought constantly, and two years after the accident he ordered her out of the house. She left and never came back.

"When I was older, Mama finally told me that Janice had been pregnant. I know that Dad's shame and sorrow over Janice made him more protective of me. He was suspicious of all my boyfriends, until Ron came along. Dad didn't even mind the news of Ron's previous marriage.

"All through our courtship, Ron respected my virginity; he said that he would be proud to be my sexual teacher after we were married. I thought that his restraint was proof of an unselfish love for me. But beginning with our honeymoon, the relationship was in trouble.

"I was afraid to become Ron's wife in the physical sense, and he knew it. So at first he tried to be gentle and patient. Later, he lost all patience, all tenderness. His unselfishness vanished. *(continued)*

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Would Your Children Like a Younger-Looking Mother?

Does that question surprise you? It shouldn't. Of course your children love you. They show it in all sorts of ways, whether they're showering you with affection, teasing you, or happily bringing you a painting from art class. But what about the image they have of you? **Though it doesn't seem fair,** the idea of a younger-looking mother probably matters more to children once they're old enough to go to school. That's when they start comparing. You know how they are. "My mother looks younger than yours," they may whisper to themselves. Or, it could be just the opposite. Probably your children are



proud of your appearance. Still, are you doing all you can to look younger during these important years?

How wise it would be at this moment to discover for yourself the secret shared by women around the world... the mysterious beauty fluid with a gift for creating a moist climate for your skin to help you look younger by easing dryness. In the United States, where the fluid is known as Oil of Olay beauty lotion, it's become a kind of joyous habit for an increasing number of women.

You smooth the delicious liquid on your face and throat. A profusion of pure moisture, tropical oil and precious emollients seem to disappear into your skin. Within moments Oil of Olay begins to work hand-in-hand with nature to help maintain your skin's natural moisture balance. Even as you watch, your skin becomes smoothed and silkened. Those unsettling little lines can show less. There's even a recaptured radiance you may not have seen since the children were smaller. Think how you'll feel when you see the difference in your mirror. Your children may even compliment you. Wouldn't that be nice?

Now that you know how much Oil of Olay can do for you, why not join the devoted users who apply it morning and night. It's so beautifully simple, really. Before you go to bed stroke the fluid on your face and throat. It penetrates so quickly there's no greasy look or feeling—just velvety softness as your skin is cared for into the night. In the morning, smooth on Oil of Olay again to mist your skin under makeup, or for a glowy complexion without makeup.



There'll be other times when you'll be grateful for the beauty fluid. During any day there are so many things that can dry your skin, making you look older. At such moments when your skin seems to be thirsting for Oil of Olay, be sure you stroke it on to let it do its lovely work.

Would your children like a younger-looking mother? Perhaps even more important—wouldn't you like a younger-looking you?

Beauty Secrets

While the children are at school, why not cat-nap for about ten or fifteen minutes. Before you do, gentle on Oil of Olay beauty fluid. You'll wake up with your skin refreshed and spirit recharged. The rest of your day should go beautifully.

* * *

Try giving your skin a breather from makeup at least one day a week. Just stroke Oil of Olay on your face and throat to bring out our own bright glow. Who knows, you may even fall in love with the way you look without a drop of makeup.

* * *

If you're going out for the evening after a tiring day, even a ten-minute soak in the tub can be relaxing and refreshing. Those private all-to-yourself moments are perfect for gentling on Oil of Olay.®

Can this marriage be saved?

continued

"Lately Ron has been comparing to his first wife. It seems that she wa regular sexpot, and occasionally says he wishes they were still marri I can tell that he thinks about her oft My great fear is that Ron will leave and go back to her."

RON'S SIDE

"My first wife and I were great in b but otherwise the marriage was a cat trophe," said 31-year-old Ron, a cle shaven six-footer with short-cropp blond hair. "For some reason, Lisa decided that I want to ditch her and together again with my ex. That' nutty idea if ever there was one. Wh want is for Lisa to be a real wife to For ten months now I've been nea crazy with frustration and rage. Wh Lisa rejects me sexually, as she has d again and again, and at the same ti professes to love me, I get so ma hardly know what I'm doing. I yel curse, the other night I hit her. time I practically raped her. Afterwa I hated myself as much as she hated

"Our daily life is a shambles, with raving and ranting and Lisa weep like a fountain, accusing me of brutal

"In my opinion, the pain she c plains of is all in her head. I've beg her to visit a gynecologist, she refu Lisa is afraid of doctors just like sh afraid of sex and afraid of nearly ev thing else—including her own fat who is devoted to both of us.

"I was aware of Lisa's squeamish from the beginning. I stupidly assu that it was due to inexperience, a courted her with tenderness and tience, hoping that marriage w change her responsiveness.

"To tell the truth, in a way I proud of Lisa's virginity. She is un ally attractive and had numerous friends, so I believed that she was w ing for a man she cou'd truly love. I honored to be chosen as that man.

"Then, too, I figured she would guilty about letting her father dov feelings I shared. I respect my fathe law, who, unlike my own old seems to respect and admire me.

"Our wedding made me the hap man on earth. Our honeymoon, on other hand, was a disaster. I was fr with anticipation, while Lisa prete to be asleep. I tried to wake her ge but it was no dice. Eventually, I ha shake her awake.

"The night I had been waiting was no pleasure. Lisa's face was w with terror, and her only reaction to cry silently.

"Naturally I assumed that Lisa's p ical distress would pass, but *(contin*



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Can this marriage be saved?

continued

I was mistaken—or so she says. To avoid my sexual advances, my wife employs every trick in the book: headaches, sleepiness, extreme fatigue.

"One week after our marriage Lisa deliberately applied for her company's midnight to eight A.M. shift. When I asked why she picked the midnight shift, a schedule that gives us virtually no time together, she informed me that the nightly pay rate was higher and we needed the extra money to help pay off my debts. This is perfectly true, I admit. My first marriage and the subsequent divorce wrecked me financially.

"My first wife, the sexpot, was a genuine beauty, but that's about all. She was too lazy to take a job, fry an egg, clean our apartment or even pick up her own clothes. Lisa is a splendid housekeeper despite her full-time job. She manages to feed and house us comfortably with one paycheck, hers, plus my meager G.I. benefits.

"Lisa is a real dynamo who talked ambition into me and persuaded me to get a college degree in science. No one else ever cared about what happened to me. My family certainly didn't, and my ex-wife, who supposedly was madly in love with me, didn't, either. She took off with my best friend and all my savings two years after we were married.

"With Lisa I thought I had found meaning for my life. I thought we'd be happy together. But you know what happened."

THE COUNSELOR'S TURN

"Perhaps the most difficult couples to help are those with sharply dissimilar sexual desires," the counselor said. "Ron possessed an above-average sexual drive that stemmed from a loveless childhood. As a young boy, stubborn and energetic, he persisted for years in a tireless battle to win paternal approval, only to fail again and again. Consequently, he grew up with low self-esteem, a weakness he concealed from Lisa with boastfulness about his sexual sophistication.

"Always on the lookout for someone who cared for him, Ron equated sex with love. He carried the subconscious conviction that the surrender of any woman he seduced was proof of her love for him.

"The collapse of Ron's first marriage was a bitter blow to his male pride. It is hardly surprising that Lisa's sexual rejection came as an even more severe blow. Lisa's refusals virtually destroyed the last remnants of his tattered male self-esteem. He reacted to his frustration with outbursts of rage, violence—behavior that further reduced Lisa's limited interest in lovemaking.

"Lisa's problem was physical, just as she suspected. But it also was based on emotional factors that dated back to the fence-jumping accident of her early childhood, and the traumatic examination that followed. The physician who handled her case that day was busy and tactless. Summoned to the telephone, he rushed off without closing the curtains around nine-year-old Lisa. The doctor was absent, Lisa recalled with horror, for hours and hours while she lay naked on the examination table in full view of a crowded emergency room. Nightmares about the occasion still haunt her.

"The riding accident left physical as well as emotional scars. Lisa had been damaged by the fall, and the pain she reported to Ron was very real. A simple surgical procedure cured her discomfort, but did not mend the psychological difficulties.

"Both Lisa and Ron were handicapped emotionally by problem parents. Lisa's father was plainly harsh and rigid, as evidenced by his banishment of daughter Janice, a young girl in desperate need of help. Lisa's mother was a weak, passive woman who had little influence in the family's affairs.

"Lisa confided that she had never seen her parents kiss and embrace, admitted that she shrank, almost with nausea, from the thought of them indulging in sexual contact. Out of fear, shame, Lisa was slavishly dedicated to living up to Daddy's Victorian standards. Like Daddy, she believed that was dangerous and evil to enjoy sex.

"Unfortunately Daddy lived near and was a continuing source of trouble in his daughter's life. Ron, whose own father neglected him, spent hours in the company of his father-in-law. He seemed to prefer visits with his surrogate father to sharing fun and recreation with Lisa. Never once did Lisa protest.

"Even after the surgical procedure Lisa still was unrelaxed emotionally. To Ron's disappointment, she remained pre-orgasmic; she was, however, willing to make love more often.

"As soon as Ron acknowledged that sex wasn't the only proof of love, he was able to recognize other demonstrations of Lisa's love and affection. When Lisa felt more secure, he modified his insistant demands for sex.

"Later in their counseling, Lisa and Ron attended a well-respected intimacy clinic. Both told me that they benefited greatly from the clinic training. Their marriage isn't perfect, but they assured me that they dearly love each other and divorce is now unthinkable."

What's happening

continued from page 12

who work in a beauty salon, the older experienced with men, the younger 18 and naive. On a vacation at a seaside resort, the older girl, in a frenzy of seeking, accomplishes a liaison with an American man. The story immediately shifts to the younger—Miss Huppert—who encounters a university student and is hesitantly, then happily enveloped in her first love. *The Lacemaker* lingers over that relationship—a story of slower unfolding illuminations of incidents and characters that only the best writers, directors and actresses can transmit to an audience. It is a notable film with a performance by Isabelle Huppert that marks an important new career.

A GRIPPING MYSTERY

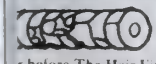
Equus, released as a movie after its three-year Broadway run is Peter Shaffer's drama of a teenage boy who has blinded a barn of horses. The boy is given over to a psychiatrist (Richard Burton), who has his own personal problems. The lad (Peter Firth) won't speak. They skirmish. Burton is unrelenting. Slowly, hesitantly, the boy abandons his defenses and the truth is peeled into view through a series of blinding flashbacks. The film has been watered-down by the substitution of actual horses for the suggested horses of the stage. The *play* ignited the imagination; the *film* is a passive experience. Even so, this story of a boy and a psychiatrist is, in the last analysis, a gripping mystery.

FORCEFUL AND POWERFUL

Looking For Mr. Goodbar is here—forcefully, powerfully *here*—with Diane Keaton of *Annie Hall* fame ascending to acting's hall of fame with a devastating performance. Keaton's character is a cheerful, caring teacher by day, a desperate creature by dark—night-crawling singles' saloons seeking studs for *Looking for Mr. Goodbar* is her story troubled young woman from a Irish-Catholic household: mousey mother; repressed, tyrannical father; straightlaced sister of a stewardess w long since unlaced everything and her life hang out. Diane leaves ho she splits (just like her personality) soon is hanging out in seedy spas, a holds-barred-girl whom no bars can as she lusts for thrills. This is not a time movie; it is harrowing. You ma disturbed, frightened, offended by savage sex, Diane's nudity and th tensity of director Richard Brooks' p through a tortured life come und *Looking For Mr. Goodbar* floods characters that claw the nerves: Ric Kiley, William Atherton, Tuesday W Although the film is here and t spongy or melodramatic, Keaton total control of *her* character with a erful performance.



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For Normal or Blow-Dry Styling.

Spending your money

By Sylvia Porter

Hot tips on solar-heating your home.... Law enforcement jobs for women.... Do child-support payments count as income? The noted money management expert answers these and other questions.

In 1977 I received substantial sums of money under my accident and health policy. Do I have to report these sums as income on my tax return and pay tax on it?

No. Accident, health and casualty insurance payments are tax-free income. You do not have to report this type of income on your '77 return. Here are other forms of tax-free income that you need not report on your Federal income tax return: Social Security benefits; proceeds received from life insurance policies on the death of the insured; gifts and inheritances; scholarships and fellowships, assuming they were granted to help finance a study toward a degree; reimbursement from your employer for business travel and meals; Federal income tax refunds (interest on the refunds is taxable, however); payments from passengers in your car pool to cover their part of the expenses. These are just a few of many forms of tax-free income. For more information, get a copy of the Internal Revenue Service's publication 525—*Taxable Income and Nontaxable Income*—from any IRS office near you. It's free.

We live in northern Connecticut. We have become convinced that we'll save money by installing a solar system to heat our entire house. A local contractor says our house is suitable for solar heating and the system can be installed easily. Do you have any warnings for us?

Yes, I do. A solar system that can heat your entire house in Connecticut can cost up to $10,000-$12,000. It might take you 10 years to get your cost back! (Did your contractor mention that aspect?) Look into the potential trouble points in equipment and what the equipment can really do for you. Educate yourself before you order the job done. For a free booklet with answers to the most frequently asked questions about solar heat, send a postcard to Consumer Information Center, Pueblo, Colo. 81009, for *Solar Energy & Your Home*, 646E.

My husband is a year younger than I am. I've always been a housewife and so have no earnings record to make me eligible for Social Security benefits. Will I be entitled to half his old-age benefits when I reach my 62nd birthday?

No, you will not. Your benefits do not start until he begins to draw benefits—unless of course, he dies before that time.

I'm 19 and I've always been fascinated by detective work. I want to make police work my lifetime career—and the TV shows starring policewomen have convinced me to try. My mother says I'm crazy, that there are few jobs in the field for women.

You're not "crazy" at all. Quite the contrary! As a woman, you'll be in a superior spot to get one of the 22,000 law-enforcement jobs that the Labor Department estimates will be opening annually between now and 1985. Police departments are under pressure to make their job rolls more representative of the populations they serve. For valuable clues as to where the jobs will be, consult the Occupational Outlook Handbook, published by the Bureau of Labor Statistics. You can buy it at $7 a copy from a regional office of BLS or study it at your public library. (As of late 1977, some of the best job openings for police work were in Orlando, Fla. and Charlotte, N.C.)

I live alone, eat at home a lot and can't afford to waste money on buying food for one. What's the most economical size package to buy? Economy? Large? The smallest?

Surprisingly, unit price labels reveal that the medium-size package of many foods may be the best value. For instance, the medium-size package of cereals, bread and non-fat dry milk often may be just as good a value as the "economy" large. As for the smallest package, this often is the most costly per unit. You can save by buying meats that are sold in parts—such as chicken and turkey. You also can save by buying a good knife to cut large pieces of meats into individual portions that suit your appetite, and then freeze the portions. Be sure you use moistureproof wrapping, freezer tape and mark the dates of freezing. These basic equipment items, plus airtight canisters and refrigerator and freezer containers, will more than pay for themselves by slashing your food spoilage.

I'm receiving child-support payments from my ex-husband. Now, for the first time, I'm applying for credit cards and other types of credit in my own name. Should I include the child-support payments in the total income I put down on my applications?

Yes. Your child-support payments must be considered part of your income when you apply for credit. If you have any trouble about this, insist on your rights. As a woman, you'll find a new, free booklet, *The Credit Handbook for Women*, extremely valuable. For a copy, write American Express, Dept. 115, P.O. Box 927, New York, N.Y. 10010.

Our air conditioner conked out at the peak of last summer's heat wave *(continued on page 117)*

What's for dinner, Honey?



They need me.

Am I doing it OK, Mom?

Let's face it. Joe couldn't quit his job to take care of the kids if something happened to me—and he couldn't afford to pay someone else to do it. That's why I got a piece of the Rock—Prudential insurance.

If I weren't here, it would give my family an extra monthly income. Enough to help take care of the kids until they're old enough to take care of themselves.

I didn't know we could get insurance that fits our needs so perfectly—or at a price we could afford so easily.

That's really nice, because...they need me.

The more they need you, the more you need Prudential.

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Life · Health · Auto · Home

udential Insurance Company of America.



Beauty Journal

Start the year with a good speaking voice . . . plus special finds for you and your man.

WHAT DOES YOUR VOICE SAY?

Everyone has been amused by the little girl voice of Gracie Allen, the "dumb blonde" squeals of Marilyn Monroe—but a funny voice is nothing to laugh at if it's yours. Another misguided idea is that whispery tones are feminine and delicate. None of the above is desirable—especially if you're one of the many women tackling the job market. You'll need to be persuasive for interviews, authoritative at sales meetings and convincing even at PTA groups. We talked with author of *Speech Can Change Your Life* (Doubleday) and speech consultant Dorothy Sarnoff, for hints on how to improve your voice. Here are a few of her pointers for sounding better. • Look into your mirror, and say, "Hi, you wonderful, lovable creature!" If you're projecting properly, there should be almost a half-inch strip of darkness between your teeth through a good part of that sentence. • Use a tape recorder to identify your speech problems. Listen to what others hear. • Beware the unprojected voice if your purpose is to communicate. The only person an over-quiet speaker can communicate with effectively is a professional lip reader. • Practice, but don't preach. There's a difference between projecting and shouting. • THINK LOW—to attain a voice that charms, beguiles, persuades, convinces and, above all, communicates warmly. • Never inflect *up* at the end of a sentence—it tends to make you sound tentative and uncertain. • Learn to stretch each vowel, letting the syllables flow into one another. Work on "Ra-a-a-in, ra-a-a-in, g-o-o, a-a-w-a-a-y, etc. • Be absolutely clear when you speak. Be concrete. Be colorful.



SET YOUR HAIR ON FRIZZLE

Crimping, as volumes of zigzaggy curls are called, add zest—but not permanently. (For a more lasting effect, see pages 72–75.) Our own Beauty Editor took the plunge, changing from simple bangs/sides (above, left) to sizzling fullness (right). It looked daring and different. And served as a trial balloon before a real 3-month perm. Her hair was done at a salon with a crimping iron (works like hot rollers, looks like an oblong waffle iron). At home, with help, you can wet hair, braid into eensy sections, dry and fluff with fingers. All this fun—and afterwards, just wash it away.

JANUARY SPECIALS

As sure as this month has Twelfth Night, the Rose Bowl and W.C. Fields' birthday, it also has its beauty bargains. To note. • It's a fine time to pamper thyself. Soothe skin (and soul) with a rich, scented lotion. Aviance Very Silky Body Lotion, 12 oz.; now $2.95. • Lavish in the instant lift of fragrance. L'Interdit Eau de Toilette, a natural spray by Givenchy, 2.25 oz.; special $6.50. • Best of both worlds—practical and luxurious. Chantilly Liquid Cream Deodorant by Houbigant, softly scented, a smooth roll-on; 3 oz.; $1.25. • Younger than springtime? Look for sprightly days ahead with new Spray of Spring, a portable super cologne by Jean Naté, ⅞ oz.; now $2.50. • Try a little tenderness. Dorothy Gray has designed trial sizes of her scientifically-balanced Basic Formula Pure Moisturizer and Pure Toner. Good take-alongs for your traveling; 2 oz., $1 each.

Something very special

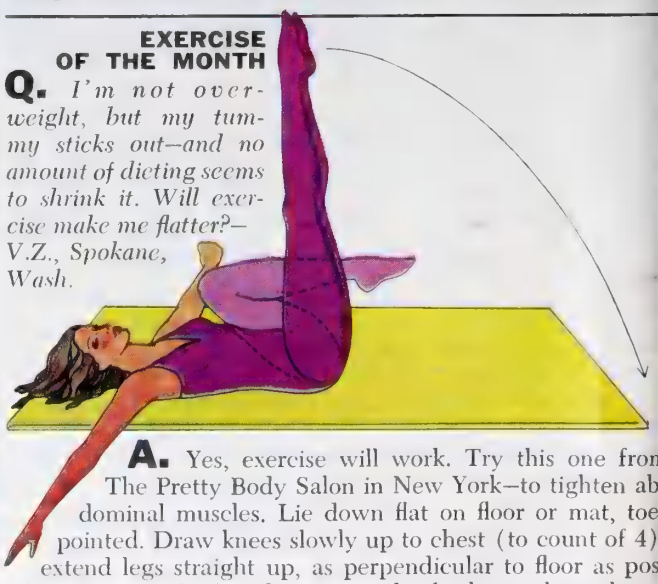
For all those women who feel wearing bifocals is a sure sign of age: American Optical has developed a brand-new lens that erases the telltale line separating near vision and far vision. These lenses (Aolite® Ultravue) change in power ever so gradually, without jumpy split images or magnifying spots. More good news—they're lightweight and tintable.

MAN-AIDS

Equal rights. To help men look better than ever, a batch of products, plus pages of good advice. • Facing a problem head on—a dandruff shampoo that's brewed with malt. Aramis Malt-Enriched Dandruff Shampoo, 6 fl. oz., $4.50. • Pumping Iron—a new body-builder for hair. ManeStay adds muscle (thickness, toughness) and shine. From Redken, in salons, 4 fl. oz., $4.95. • After riding to the hounds or raking leaves, sporting hand cream that soothes, then disappears. Devin Outdoor Hand Formula by Aramis, 2 oz., $5.50. • Leathery skin is *out*, healthy, *in*. To stop dryness, a light, anytime formula: Macho All-Weather Skin Moisturizer, 3.5 oz., $4. • To answer almost all questions on masculine grooming, turn to the best-selling *Looking Good* by Charles Hix (Hawthorn, $14.95). This man-made beauty book covers everything from bronzers to hair-weaving to isometric exercises.

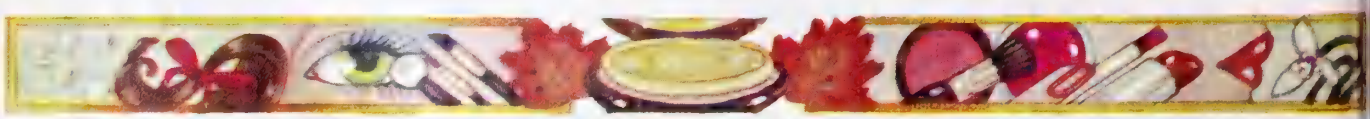
EXERCISE OF THE MONTH

Q. *I'm not overweight, but my tummy sticks out—and no amount of dieting seems to shrink it. Will exercise make me flatter?—V.Z., Spokane, Wash.*



A. Yes, exercise will work. Try this one from The Pretty Body Salon in New York—to tighten abdominal muscles. Lie down flat on floor or mat, toes pointed. Draw knees slowly up to chest (to count of 4); extend legs straight up, as perpendicular to floor as possible (count of 4). Then very slowly lower legs, knees straight, to a full count of 8. Start with 4 times; work up to 8.

Border by Julia Noonan. Drawings by Thea Kliros.




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Keri® Lotion is a rich, all-over body moisturizer that not only softens and smooths your skin, but also hydrates your skin to help replenish natural oils and lock in moisture. That's why Keri Lotion is recommended by doctors to relieve dryness.
Stroke on Keri Lotion once a day to keep your body feeling soft and supple. A little goes a long way.
THERAPEUTIC
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FOR DRY SKIN CARE

Fighting city hall

You pay taxes for fire and police protection, garbage collection, public transportation, education and other municipal services. But how can you tell if you're getting your money's worth?

You *can* fight city hall—and win. Take Peter Ujvagi of Toledo, Ohio. He knows the politics of potholes. Not too long ago, Ujvagi and his neighbors found that their municipal tax dollars didn't even guarantee a pothole-free street. The potholes, coupled with the proposed construction of an undesirable highway overpass, were the impetus they needed to form a neighborhood organization called the Birmingham Coalition. The coalition members, headed by Ujvagi, fought for improved services—and won. They prevented construction of the overpass and pressured the city into providing better street repairs, better police protection and better housing inspection.

But most municipal stories don't have such happy endings. This year, urban residents will pay their city halls millions of tax dollars. The money should go toward fire and police protection, garbage collection, street repairs, public transportation and public education. Your property taxes and city sales taxes should also pay for other services, such as planners to determine the locality's development patterns; civil engineers to help decide traffic flow and road quality; and workers to maintain parks and plant new trees. But too many city residents will not get their money's worth. Here are some tips on how to judge your municipal services and what to do if they're not up to par.

First, consider what services actually are provided and how well they are performed. Are local roads cleared of snow and salted quickly in the winter? Are local recreation programs given enough funds and staff? Are social service agencies staffed with bilingual workers if a sizable foreign-speaking group lives in the area? Are there buses when and where they are needed?

You should also consider whether less-affluent areas of the city are discriminated against in the distribution of such services as police protection and street cleaning. Poorer neighborhoods often need more or better services than wealthier ones, but "sometimes city officials psychologically abandon a neighborhood and thus are less responsive to their problems," notes Peter Ujvagi. A decline in the quality of municipal services, he says, is often the first sign of a "dying neighborhood."

One of the reasons many city services don't meet neighborhood needs is that the people running them often have little to do with the people receiving them. The result is a centralized bureaucracy that doesn't really care if the street potholes get filled. Says Milton Kotler, executive director of the National Association of Neighborhoods: "A large-scale system cannot service diversity." He pointed out that the neighborhoods of a city differ tremendously; why can't city services be tailored to neighborhood needs? For years the reason has been that "economies of scale" were seen by city planners as more important—and cheaper—than services that varied from neighborhood to neighborhood.

But a growing number of citizens and urban planners are starting to agree with economist E.F. Schumacher that small is beautiful. *De*centralized city services, controlled by neighborhoods, can not only meet individual neighborhood needs—but do so less expensively and more efficiently. The Tri-City Citizens Union for Progress, a coalition of neighborhood groups in Newark, N.J., has developed its own primary health care services, recycling program, bilingual day-care center and low-income home rehabilitation program. And many other neighborhoods have contracted with their city governments to deliver their own services, cheaper and more efficiently.

One major side benefit has been that residents take a greater interest in their neighborhoods when they have a direct hand in some of its services. Dr. David Morris, a director of the Institute for Local Self-Reliance in Washington, D.C., points out that if communities try to become more self-reliant, "the elderly, the unemployed, teenagers, school children and mothers with children could easily become the work force . . ." And, in fact, some city neighborhoods have created such a work force to handle urban gardening programs, neighborhood day-care centers and recycling systems.

Some services—such as water supply, sewage treatment and other capital intensive services—work best if centralized. But others are more effectively handled if neighborhoods can control the operation. This is particularly true for those social services that involve face-to-face contact with citizens, including health clinics, job placement services and inspections for housing and health code violations.

There are many ways that you can pressure your city agencies and city officials into providing the kinds of services your neighborhood wants. The first step is to organize your building, block or neighborhood. Groups of citizens can more easily document common problems, and sheer strength of numbers can give you considerable leverage in fighting city hall.

Once organized, you must gather some hard facts about the services you want improved. What exactly is the problem? And what must be done to correct it? Gather this information with one goal in mind: the establishment of specific standards of performance for city services.

A coalition of groups in Pittsburgh recently completed a project that already is serving as an invaluable tool for setting such standards. It is the Pittsburgh Neighborhood Atlas, a collection of booklets that profile each of Pittsburgh's 75 *(continued on page 111)*

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Psychiatrist's notebook

By Theodore I. Rubin, M.D.

Are there people who just love being miserable? . . . What can you do for a shy adolescent boy? . . . Are you sabotaging your mate's diet?

My teen-age son is interested in girls and desperately wants to go out with one particular young woman. He is not usually shy and he's good-looking, bright and has a nice sense of humor. But because he has always gone to a boys' school, he has had very little contact with girls. He's too afraid even to call this girl. How can we reassure him?

Boys of this age—especially boys who haven't spent much time around girls—tend to idealize them. This sometimes causes boys to be afraid, sometimes causes them to act critical and sarcastic. Sensitive adolescent boys imagine that girls have superhuman qualities that make them unapproachable; such feelings contribute to their fear of rejection. They ask themselves: How can a goddess possibly accept an invitation from a mere mortal?

I think you should explain to your son that girls have the same fear of rejection, the same feelings of conflict, that boys have. Tell him that girls want to meet boys as much as boys want to meet girls. He must also understand that we are all rejected at times, and it's important for him to learn to fight against any feelings of self-hate if he happens to be turned down. And make sure your son realizes that unless he's willing to risk rejection, he will never be in a position to gain acceptance.

It is usually easier, at first, for boys and girls to get together in groups, rather than to start by going out on dates. Dances, sports activities—and, if the school is not co-ed—exchange classes (in which boys' and girls' schools attend classes at one another's schools) can be valuable, not only for boys, but for shy adolescent girls as well.

My wife has a chronic weight problem. She accuses me of sabotaging her diets by bringing fattening food into the house. Occasionally, I do bring pie and ice cream home, but I don't do it to keep her fat. If she wants to lose weight, I'm all for it. I bring these things home simply because I like them, and because I'm thin and can afford the calories. Do you have any comments?

Many spouses unwittingly and unconsciously sabotage their mate's diet. And this happens because many people are frightened of change. They become very anxious at the possibility that familiar images, patterns and relationships may not stay the same.

Like all addicts, people with chronic weight problems have a hard enough time dieting without also having to cope with additional temptation. When you bring pies and ice cream into the house, it's demoralizing. It implies to your wife that you don't take her efforts seriously, that you feel hopeless about the possibility that she'll ever really lose weight—and, worse, that you probably don't even care.

You must ask yourself if you *do* care, and also whether you are secretly uncomfortable at the thought of her being thin. Many husbands and wives are afraid that if their spouse loses weight, she (or he) may become less dependent on the marriage—and more attractive to other people.

If you *really* want to help her, stop tempting her with food she shouldn't eat. And if you want to eat pies and ice cream and other fattening food yourself, try to wait until you eat out.

Do you think that the age of the patient and psychotherapist matters? Is it better for a patient to see a doctor who is older?

This is a highly individual matter and it depends on the people in question. Every therapist has had different professional and life experiences and, like all people, has achieved different levels of maturity. Some patients do better with their contemporaries; they feel that they have more in common and, therefore, a greater possibility of understanding. Young people often have these feelings. In the same way, there are older people who are reassured by older therapists, whom they feel have acquired the wisdom that comes with age. On the other hand, there are older people who feel better with young therapists, whom they feel impart a sense of vitality and optimism.

My sister-in-law is always miserable. She has her share of problems, but she has as good a life as anyone else, yet she's unhappy even when things are going well. Are there some people who just like to be miserable?

No! Some people *seem* to prefer misery, but the fact is, all people really prefer to be happy. People who are always unhappy cannot extricate themselves from the habit of misery. This is caused by complex problems that require professional help. Many of these people suffer from serious and chronic depression that goes untreated because they manage to function despite deep and unrelenting unhappiness. **End**

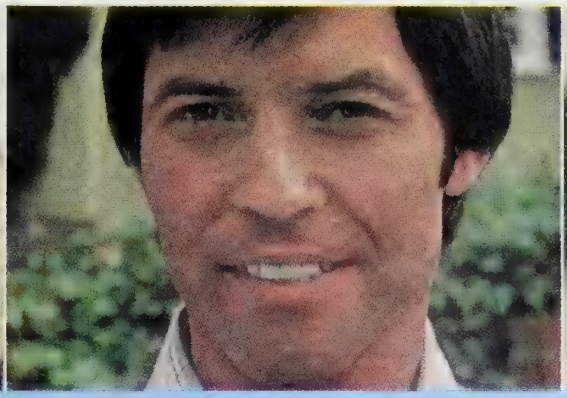
Dr. Rubin is a well-known psychoanalyst who practices in New York. He is also the author of "Reflections in a Goldfish Tank" (Coward, McCann & Geoghegan, Inc.). If you have questions you would like Dr. Rubin to answer in his column, please address them to him in care of Ladies' Home Journal, 641 Lexington Ave., New York, N.Y. 10022. We regret that only letters selected for use in the column can be answered.

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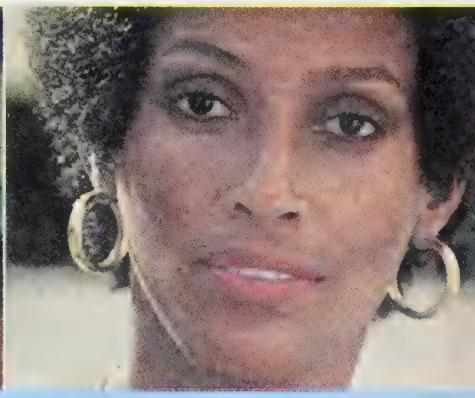
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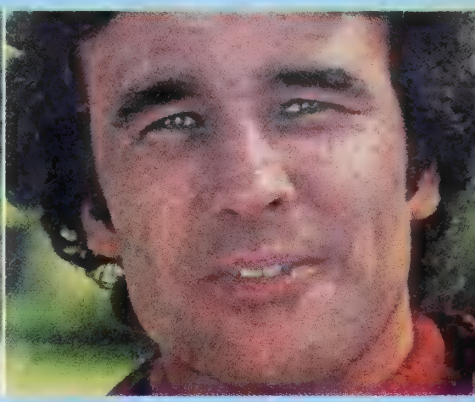
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Clothes and the working woman

By Letty Cottin Pogrebin

What's the "right" thing to wear on the job? Ask yourself these eight questions as you develop a fashion style that works for you and your job.

In the Fifties, the fashion gospel went something like this: No white shoes before Memorial Day, no patent leather after Labor Day. Always wear gloves to a job interview, but never to shake hands. If you didn't have on a girdle, you might as well be naked. No woman executive left home without a hat. And pants in the office? Unthinkable.

But the Sixties broke all the rules. With the rise of the women's movement, ethnic consciousness, the youth cult and the sexual revolution came a new "liberation" from the tyranny of fashion.

Blue jeans moved from the campus to the corporation. In many big-city advertising agencies, publishing houses and TV stations, it was okay to be braless and miniskirted, while more conservative offices were at least capitulating to the pantsuit. By the early Seventies, company dress codes were as obsolete as stockings with seams, and women felt free to dress functionally according to the weather, the needs of their jobs or their personal style.

When the fashion industry gave us the midi, we didn't buy it. Lately, the big news is lace, ruffles, organdy, camisoles, petticoats, puffed sleeves, flounces and frills—a "return to femininity"—but working women are still wearing the tweeds, shirts and blazers that don't make headlines datelined Paris or Seventh Avenue showrooms. The romantic look may offer new options for evening wear, but the "return to femininity" campaign is generally too expensive and impractical to make a dent in the working woman's wardrobe. What's more, women resist being propagandized back into a demure, fragile ideal of womanhood that is incompatible with assertiveness and independence. Is it accidental that as we are entering the labor force in unprecedented numbers, demanding a fair wage, making our voices heard and our presence felt, the message of high fashion is "back to femininity"?

Don't be fooled. Fashion isn't all art and artifice; it's politics, too. And our clothing tastes and styles will continue to reflect our own individual needs and comforts as long as we perceive ourselves to be in charge of our own image in the world.

Having made peace with the fashion industry, women now find a new breed of "expert" dictating female dress. These are the career advisors who claim to have the formula for business success and, to them, the major ingredient is not brains, skills, training or experience—but appearance. "Dress as if you were already an executive," writes Michael Korda in his book, *Success!* His recommended formula: a dozen Von Furstenberg knits, no hat, no boots, no glasses on a neck chain and *no handbag*, because men see handbags as "symbols of femininity" and containers of "God knows what intimate feminine possessions."

When *The New York Times* asked for his views on dressing for the job interview, Dr. Arthur Witkin of Personnel Sciences Center said women shouldn't look "too visually provocative" because the interviewer should "visualize them as an asexual job applicant." Wayne Dickert of I.B.M. advised "attire not distracting from the interview."

The self-proclaimed "wardrobe engineer," John T. Molloy, blames women's depressed wages and status on—you guessed it—on women. "Most American women dress for *failure*," he writes in *The Woman's Dress for Success Book*. "They let the fashion industry influence their choice of business clothes. They still view themselves mainly as sex objects."

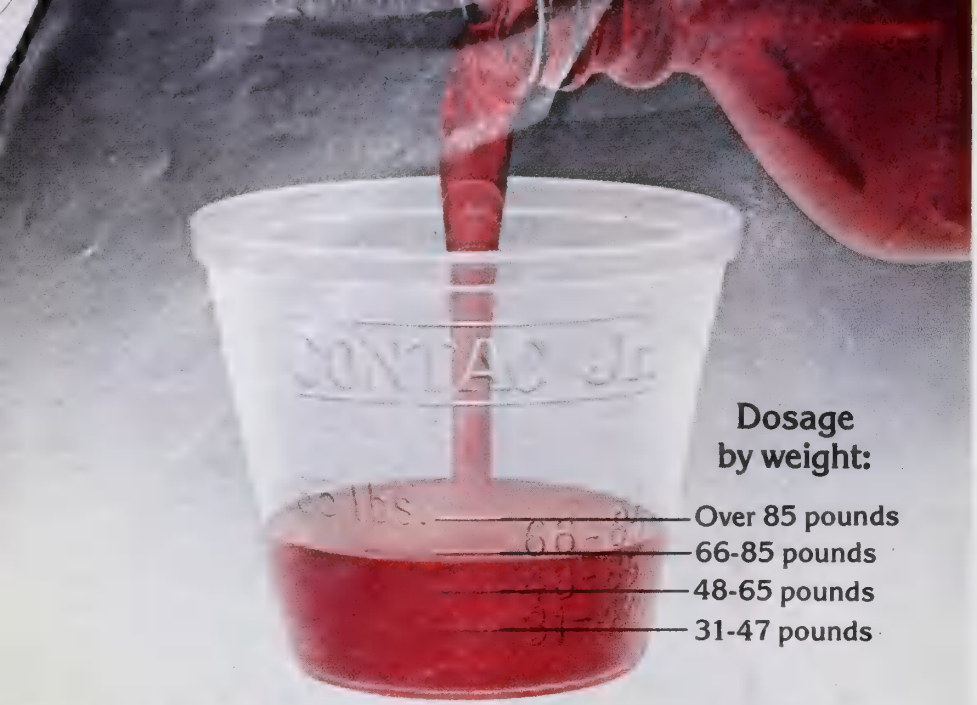
Based on computerized studies, Molloy concludes *You Are What You Wear* because people in business respond to superficial image long before they notice performance or talent. Rather than challenge that cynical finding, he tells women how to exploit it: NEVER "wear pants when you're dealing with men in business." NEVER "wear the knit polyester pantsuit." NEVER wear pinstripes or anything that suggests an "imitation man." ALWAYS "carry an executive gold pen," wear plain pumps, neutral pantyhose and, most important, the "Success Suit"—a wool or linen skirt in gray or medium blue with a matching, "man-tailored" blazer jacket and a contrasting "man-tailored" blouse in white or pale yellow. The trick is, don't look too manly to threaten men or too womanly to distract them.

What's wrong with Molloy's uniform? Not a thing; it's comfortable, sensible and attractive. But the idea of an army of identically-dressed, upward-striving women in "Success Suits" makes my blood run cold. And the fact that the female's "Success Suit" is designed to reassure the male ego makes me mad. It's the familiar double-bind in sheep's clothing: the Femininity Fetishists sell us "soft and sexy," the Success Engineers promote "no-nonsense and neuter"—and *we're* stuck with the impossible burden of looking "right" enough to make a living. Obviously, you can't win if you play by sexist rules. Why not take control over your clothing decisions just as you're taking charge of the rest of your life? Here are some questions to ask yourself:

1) Do your clothes fit not only your body but who you are? Mara Gleckel, a psychotherapist who runs workshops on the subject of "Fashion and Ego," tells two case histories: one involves a 38-year-old woman who despaired of ever

(continued)


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MENLEY & JAMES

The working woman

continued

being taken seriously. As a young girl, she was valued for her physical appearance, while her sister was praised for her intellect; so the woman had always worn tight-fitting clothes to unconsciously fulfill what others valued. But she was never internally comfortable until she recast her appearance into low key, loosely flowing clothing.

The second woman had learned to wear dark suits and carry an attaché case to establish her authority at work, but she suffered massive identity confusion in her personal life. "As often happens, she had taken on the *feeling* of that stark, sophisticated look," explains Gleckel. "Then she wondered why she wasn't sending out messages of her true friendliness and warmth. It's not a question of what you should or shouldn't wear, but whether your outer presentation verifies your inner self."

2) Do you dress to serve your goals? A suburban widow was shy and frightened at the prospect of looking for a job at the age of 40. To give herself confidence during employment interviews, she wore her most conservative but elegant suit—and she's convinced she got her executive secretary job because her outfit helped her feel secure enough to communicate her competence.

Actress/producer Marlo Thomas wear a fringed pink suede suit, dran red cape or plunging black gown devastating dignity. Yet she chooses derstated, long-sleeved, high-ne clothing when she lectures on the E Rights Amendment or raises money St. Jude's Children's Hospital, bec she doesn't want a garment or a p of jewelry to distract her audience her words.

3) Can you afford the image "t want you to project? A $1,000 os leather briefcase is not a wise expe ture for someone making $20,000 a —yet one New York City woman sa up and bought one. "It's a badge o stant status," she says. The 24-year oil company executive who owns $200 suits because "I dress not for w I am but for what I want to be," is ing too high a price to attract the motion she deserves. If "they" want to wear designer labels and status s bols to enhance the corporate image the company subsidize your wardr Otherwise, neatness and good taste be accomplished on most working w en's budgets. Search out departm store copies of classic outfits—and your dignity come from within.

4) Are you an "espadrille" person placed in a "leather pumps" job? So times, a woman's fashion tastes re her real aspirations. For four ye Bernice S. fought the urge to wear m up and silk scarves because she hel editorial job at a counter-culture p cation where the "Success Suit" dungarees and T-shirts. Today she financial consultant, entirely at eas her eyeshadow and at peace with respectable image in the straight wo

5) Are you confusing style with sta If you're lusting after a bank job cause you love the tailored suits yo seen on some bank women in your it might make sense to find out whe it's a regulation uniform worn by bank tellers or the favorite suit of h priced female bank officers. By the s token, if you think it would be nift work in overalls, consider whether y role model is the construction wo who *needs* rugged work clothes, or art director who *wants* to wear an a establishment look. No matter much you may love a particular s image, in the end it's the job that cou

6) Do you sacrifice comfort for fashi I opted for comfort. For example, in experience, offices are overheated winter, so rather than swelter in leat boots or the layered look, I wear a he coat for outdoor travel, under which lightweight, non-wintery outfits for doors. I don't wear earrings beca they get in the way of the teleph receiver. (If I take one earring off to on the phone, I often find myself ting in a meeting looking lopside

(continued on page

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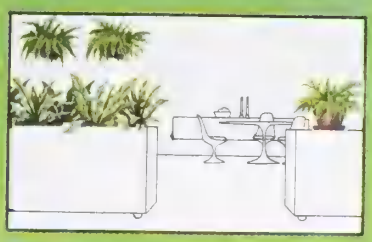
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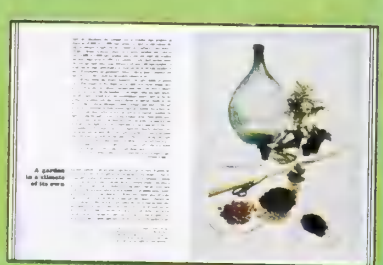
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You're not always lucky if you're a celebrity's kid. Here, a writer who is one talks to other young women who grew out of being "the daughter of" (Gene Kelly, Polly Bergen, Senator Javits, Kurt Vonnegut)—into being themselves. By Dena Kaye



Dena Kaye backstage with her father, Danny Kaye

WHEN YOUR PARENTS ARE FAMOUS

The children of famous parents have a tougher game in life than meets the eye. While your existence seems all sparkle and limousines, there is the pain and struggle of defining yourself outside the strong identity of a parent whose image is stacked with success, fame and a specialness that sometimes borders on royalty. And there are scars. Many offspring of celebrities turn to drugs, drinking and general aimlessness.

Others meet the challenge with a spirit and willfulness to find out just who *they* are. These are the ones who interest me, perhaps because I know firsthand what they have been through. I believe their stories may have something to say to all of us. After all, everyone has parents, models of some sort who must be followed or discarded, or some combination of the two. We all must search to find our own separate, unique identities.

You can't grow up as Danny Kaye's daughter and not have people ask are you funny and are you going to be an actress. All my life, it seems, people waited for me to break into a "Danny Kaye" routine—double talk, dance steps, et. al. And after hearing over and over, "Are you going to be just like him?" I began to wonder myself. So after graduating from Stanford with a B.A. in history and languages and no idea what to do, I decided to try acting. After all, as my ever-wise mother put it, I wouldn't want to turn 35 and realize that's what I should have been doing all along.

I enrolled in UCLA's theater arts department, took singing lessons and voice lessons, played everything from sexy ingenues to Joan of Arc, and auditioned for countless parts in school productions. I read scenes with George Cukor, Hollywood's most famous director of women, to see what he thought about my talent (the talent, yes; the drive, no). And after a year's dedicated efforts, I decided it wasn't for me. I remember when it hit me. I was an impressive Eleanor of Aquitaine, but only because my partner was very appealing to me. I thought, if I'm only convincing in scenes with people to whom I am attracted, I have no business acting.

I then fell into a job at an entertainment public relations firm and found, to my surprise, that I enjoyed interviewing clients and writing biographies and feature stories. I began to consider seriously a career in writing. And then I hesitated once more. Was I falling back into the trap of parent comparison? My mother, Sylvia Fine, is a writer, best known for the brilliant special material she has written for my father. But I realized that her interests had been song and comedy writing, whereas mine lay in journalism. I plunged ahead.

I came to New York for a job. Here the problems children of famous parents face when starting their own careers were driven home to me.

In the first place, I had unrealistic expectations of myself. Whatever I did had to be great because my "models"—my mother and father—were perfect, or so it seemed to me. After all, I hadn't *seen* them struggling their way up. I even quit dancing lessons when I was a little girl because, as I explained to my mother, my father hadn't taken lessons to learn, so why should I? I never thought about his years of non-classroom training on the road.

Second, while it's true that having a "connection" guarantees you'll do very little waiting in outer offices, that sometimes makes things even more difficult once you're in. No one really believes you want to work. They assume you don't need the money, and they often feel obliged to "put you in your place." So while family connections can open the door, an inability to deliver closes them quickly. I always worked twice as hard to prove I was "worth" hiring—and the skills I developed finally helped build some degree of self-confidence based on my own accomplishments. But it's funny—even after I had exposure as a by-lined writer in *Saturday Review,* I was sure that I had sold my first piece to *Cosmopolitan* because my father was a friend of the editor, Helen Gurley Brown. So I asked her. She assured me that publishing so-so articles as favors to friends was not the way she ran the business.

Choosing a career in a field different from those of my parents helped me define myself. I was curious to meet other daughters, all in their late 20's or early 30's, who, like me, chose to pursue careers in directions different from their famous *(continued)*

"Last winter's cold crunch nvinced me to wash in all temperatures with All-Temperature Cheer."

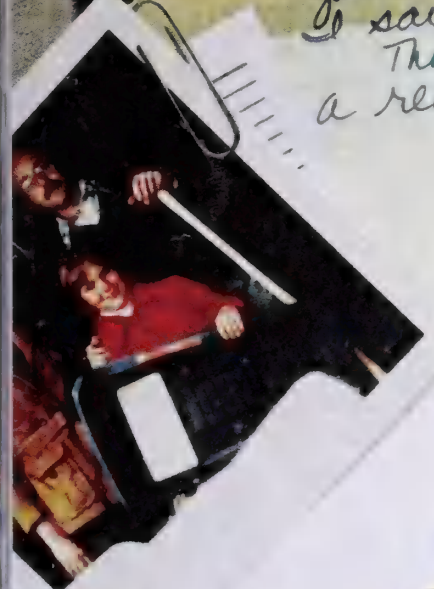
Dear Sirs,

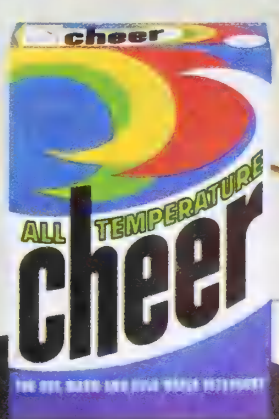
During last year's cold crunch, I wanted to be very careful about using hot water, because with the energy shortage, hot water was more precious than ever. So when I did my laundry, I decided to also use warm and cold water (something I had never done). That's when I tried All-Temperature Cheer.

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Thanks again. Cheer is a real winner!

Sincerely,
Kathy Gosnell





All-Temperature Cheer.
Three temperatures, one detergent.

FAMOUS PARENTS

continued

parents'. How did they handle their situations? Here is what I discovered.

"I knew since I was little that my parents wanted me to make it," Kathy Fields told me. Kathy is the daughter of Freddie Fields, former Hollywood superagent-turned-producer—whose list of clients included Barbra Streisand, Steve McQueen, Robert Redford and Sidney Poitier. Her stepmother is producer-actress and former cosmetics executive Polly Bergen.

"I was living in a home with successful people. So in my mind, you weren't a real person until *you* were successful."

In high school, she liked parties better than studies. "I was a quiet rebel," she says, "I couldn't study what didn't interest me." Today, size-3 Kathy, with eyes that practically fill up her entire face, is a photographer whose credits include the special still photography for *The Towering Inferno, The Man Who Would Be King, Robin and Marian* and *Lipstick*. She is also a spokeswoman for Canon camera equipment.

We talked over tea and cheese in the lived-in kitchen of her small white house in West Hollywood. Kathy plans to turn a backyard shed into a darkroom. Her lightbox now sits on the laundry room dryer, and she often uses her living room, with its skylight and white walls, as a perfect background for her

"I had always been interested i and the film business. My parent reers came right into the house—th ties, the dinners with clients. A always loved to fool around with c as. But when I got out of college, seemed the only thing available. M ents were against it; they didn't acting was a very emotionally s business. And part of me wanted t away from it because actors ofte a sense of reality about themselves.

After two feature films, Kathy l ly woke up one morning and with realized acting wasn't for her. She to learn the technical aspects of ph raphy with a friend. Her first real as a photographer came through a of the family—Irwin Allen, the pro of *The Towering Inferno*.

Picking up the phone to make call was new to Kathy. "I felt I h give up my connections so people approve and accept me just as me. I've stopped hating myself for h special opportunities. They are not thing I arranged for and should guilty about. The connections ma you there but they don't keep you —this realization gave me confide myself and my work."

Many people resent this adva As a result sometimes the best are belittled by others, an exper



Photographer Kathy Fields, daugh Polly Bergen and Freddie Field

Kathy had with *People* magazine.

She did the special still photogr on *Lipstick*, a film produced by father. Because of her father's co tion, she debated whether or not to on the film. Finally, she decided it just be the big step in establi "Kathy Fields, photographer," in of "Kathy Fields, Freddie's daugh "I decided the only reason to say n because of what other people woul Thank God my self-esteem was important than my need for appr

People magazine then printed a castic—and incorrect—item saying Freddie Fields had given "one Fields" the credit for work actually by another photographer on the fil was hurt, my father was angry," Kathy. It was the first time *(conti*

(Unsolicited Testimonial)

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BETTY PENDLETON—Owensboro, Kentucky



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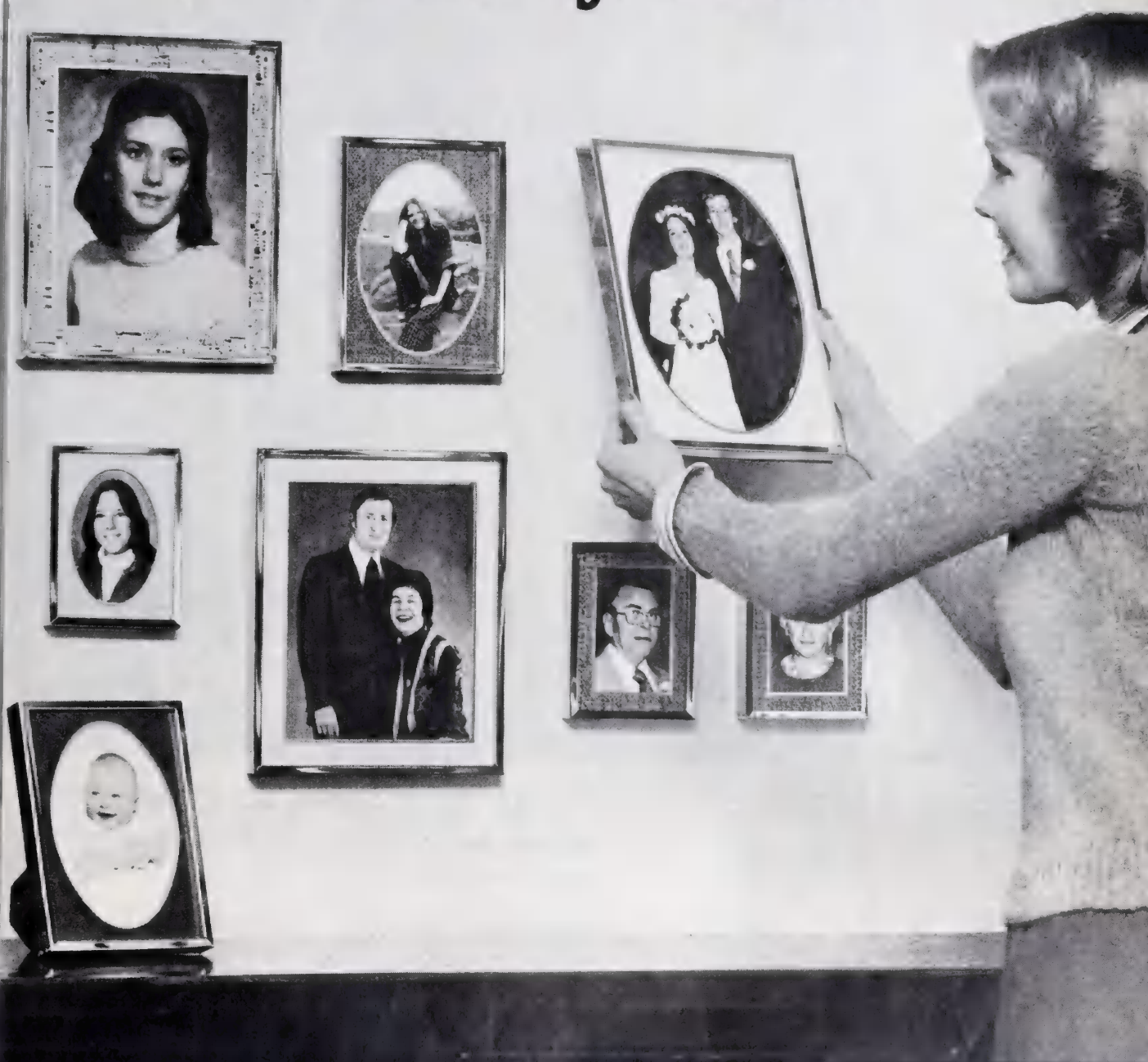
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AMOUS PARENTS

continued

and her father had confronted to-
er the problem she has faced her
e life. He rallied to defend her, send-
off a blistering telegram to *People*.
athy's conclusion? "Everyone has ob-
es of some sort. You have to make
situation work for you as a whole
on, not just in an isolated part of
life, like a career. But for everyone
says being the daughter of a suc-
ul, famous parent is *not* an obstacle,
ke them to try it for a week."

Why I don't like my parents to help
s beyond me," says Joy Javits, the
er-choreographer daughter of Sena-
acob Javits of New York. Despite
background, she is apolitical and
y reads the papers. A lithe gamin
an auburn mane of hair, Joy teaches
e at the University of North Caro-
"I think I take the most childish
of pride in the fact that I can get
wn job. I like my independence. I
aking care of myself. I like finding
wn people to take care of me. I like
liked for me." And that's probably
Joy left New York. Her father may
ne more famous parent, but Joy's
er Marian has made a name for her-
n New York public relations circles,
knows everybody in the arts. And
an Javits once jokingly said to Joy
she should be Joy's agent.
y parents are into things that make
I do look like a school recital," says
'I can be at the top, but to them it's
t.' Maybe that's why I don't want
help. My mother loves me, respects
areer, tells people that I'm a tal-
choreographer; yet when she sees
ork, I don't feel it sinks in as the
of an artist."
has been dancing since she was
could see her doing stretches on
ardwood floors of her uncluttered
ment—a living space with pillows
make couches, a couch covered
antique quilts (her passion), and
rs from her mother's last visit.
worked as the assistant choreogra-
to Patricia Birch, *(continued)*



er Joy Javits, daughter of Senator Jacob Javits.

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FAMOUS PARENTS

continued

Broadway's famous woman choreographer *(Grease, Candide, A Little Night Music, The Me Nobody Knows).* She got that job through "friends of friends," which makes her wonder if she was hired for her name or for her talent. She toured with a show as a dance captain, taught theater movement at Yale ("one of the best things I ever did, even though it happened because the dean of the school was having dinner with my parents"), danced with a small prestigious New England dance company, and choreographed a musical in North Carolina, which got very good reviews.

But Joy is not really driven to get ahead in her work. "I would like to *want* to be a great choreographer," she says, "but I question my talent. I would like to be the artistic director of a company. But I don't have the ambition to make that happen." On at least two occasions when her mother had laid the groundwork for good jobs, Joy either procrastinated in following up, or turned the offer down because she was happy with what she was doing.

"Underneath," says Joy, "I'd like nothing better than to live with a man, be in love and have him support me totally."

Edy Vonnegut, the daughter of writer Kurt Vonnegut, Jr., has turned her apartment on the border of New York's Greenwich Village into a show place for her paintings—lots of ethereal-looking women floating in space. They reminded me of taut and tiny Edy herself, who looks a wide-eyed 18, with shoulder-length blond hair that edges a strong-set, but rather angelic, face. For the moment, her large easel holds the sketch of a portrait she's doing of her father, and her desk is laden with masks of women's faces that she cast from her original mold. The faces, some chalk white, some hand painted, filled the Fifth Avenue windows of the elegant Charles Jourdan shoe salon in New York not long ago. "I just walked in and asked if they would like to use them, and they said yes. It was great exposure. I sold thirty in two weeks!"

Kurt Vonnegut wasn't well known when Edy was growing up. In fact, she says he was considered a disgrace. He stayed home and wrote in his study. And the things he wrote were strange. "Our household was more well known," says Edy. "We had a big, old house in Cape Cod, there were nine of us in the family—and all our friends wanted to come over because we didn't have curfew and always did crazy, fun things."

But there was always the sense in her family that not to be creative was to be common. "I think my father sort of considered me a machine to be trained as a painter. For Christmas I'd get paint sets instead of toys, and books about Michelangelo and Leonardo. Whenever I'd draw a little doodad, he'd frame it and hang it on the wall. But growing up I never felt a drive to achieve. I was a 'bad' kid. Never did homework. Left messes all over. Quit college. Lived in the jungle in Jamaica and did my laundry in a lagoon. The only thing I never gave up was my painting."

"I don't think my father liked me very much then. But in the last five years we've gotten very close. I love his sense of quality and of what counts. He's quiet and not many people recognize him. He seems not of this earth. People are really in awe when they hear my last name. Suddenly I'm observed very closely. They think I must be as profound as Kurt. I think they expect me to be a character out of one of his books."

Her name, in addition to her youthful appearance, has made getting started difficult in some ways. "I'm not taken seriously. I think I try harder than normal because I want to show I'm good on my own. And I like myself better when I'm painting. I can't relax, I can't take vacations, I have to be better and better and better. On the other hand, I know I wouldn't be at this stage without the name—it's inspiring to talk with famous artists. And in painting no one can say I'm competing with my father. I can't write. He can't paint!"



Painter Edy Vonnegut, daughter of author Kurt Vonnegut.

"I always had fantasies about being a song and dance person," says Kerry Novick, the daughter of dancer-director Gene Kelly (she looks just like him around the eyes) and actress Betsy Blair. But Kerry has gone in quite a different direction from her parents—she's a children's psychotherapist who recently moved from London to Ann Arbor, Mich., where her husband works at the University of Michigan. "I was quite realistic—I knew I was small and wasn't prepared to do all the physical work of performing. Also I felt I wasn't talented, although I may have misjudged myself in that area. I didn't discover I was witty until I was in training at the clinic. When



Child psychotherapist Kerry Novi daughter of Gene Kelly.

you grow up around Adolph Green Phil Silvers, you don't know yo funny. But then I doubt I would h chosen such a private profession as chotherapy if I really had it in m perform."

Kerry's first memory of wanting t an analyst was when she was about She now thinks it was because she k her mother was in analysis. But she read *Lord of the Flies,* which got interested in the idea that children feelings and situations they can't with. But still, she considered bei microbiologist or a set designer.

After going to three colleges, she a job building sets with a theater pany in London while visiting her m er, who had moved there. "But some I knew this wasn't enough," says K "and I began investigating the diff clinics for psychotherapist train finally applied, and trained at H stead Clinic [Anna Freud, daught Sigmund Freud, is the director]. I met my husband there."

She suspects that her parents we lieved she never went into show ness, although they encouraged h pursue anything that interested h wouldn't call my father 'anti-analy says Kerry, "but at one point he about the only grown-up I knew hadn't been analyzed. One measu our relationship is that when I tol I was going into this and needed nancial hand, he wanted to under what I was doing, so he read books analysis, and modified his opinion.

"It's interesting to people that what I do because of the image have of show business people. One things that people don't absorb my father is that he is an intellec what interests him most is Ame history. I can see a clear connectio tween my parents' values and wha now—because their values had so to do with the 'fan magazine' Holly I had it drummed into me that I

(continued on page

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By Geraldine Carro

Mothering

This Week, You and Your Baby Have Got To Get Organized

Here's a new look at how to make your baby feel at home in her new home—the world.

From a baby's vantage point, the world is a confusing place. "A baby never knows what's coming next," says pediatrician Nina Lief. If you've just spent nine months in the warm, dark comfort of the womb, life's unpredictability is likely to make you feel insecure, Dr. Lief believes. This is one of the reasons she encourages parents enrolled in her Early Childhood Development Center at New York Medical College to practice "sequencing."

"Sequencing" is a way of creating order, and therefore predictability, in a baby's life. And no, it has nothing to do with the rigid, old-fashioned time schedules doctors used to recommend for infants, Dr. Lief stresses. She remembers, disapprovingly, of the time when pediatricians preordained that all babies be fed at regular four-hour intervals—at, say, ten, two, six o'clock and so on. In those days, Dr. Lief recalls, there were a lot of hungry, howling infants.

In "sequencing," it's order, not timing that counts. The daily happenings in a baby's life, such as naps, feedings, play periods, baths, walks and bedtime, should follow each other in a regular pattern. Almost any order is fine, as long as it becomes a routine and seems to suit both the baby and the parent in charge. One mother might choose to proceed from breakfast to playtime, nap and lunch. Another might prefer a schedule of breakfast then bath. But whether its breakfast-then-play or breakfast-then-bath, the same sequence should apply each day.

Dr. Lief tells of one household where an unusual, but workable, sequence exists. The baby stays up nightly until 11 o'clock and sleeps until 9 A.M. so that his parents, both of whom work, can spend time with him. In this family, as a pre-bedtime ritual, the parents squeeze oranges for the next day's breakfast. The juice preparation is now a cue to the baby that bedtime is approaching.

"Sequencing," according to Dr. Lief, does more than build a baby's sense of security. It helps build memory, too. The case of the baby and the making of the orange juice is an example of what she means. The baby anticipates that bedtime is near when he sees his parents squeezing oranges. This, says Dr. Lief, is a first step in developing memory.

Character-building is another bonus of "sequencing." By learning that life proceeds in an orderly fashion, the baby is being prepared to function in the ordered world of school and, later, work.

The orderly routine helps parents, too.

Postpartum life falls more quickly back into place when you are organized. The parent who "sequences" is also likely to have a more relaxed, less colicky baby, which in itself makes life easier.

"You don't have to be rigid," adds Dr. Lief. "If you're too busy for the baby's customary bath, sponge her off and put her to bed."

MAILBOX

Have you ideas to share with us? Write Mothering, LHJ, 641 Lexington Ave., N.Y., N.Y. 10022.

If your child were orphaned..

When a couple was killed recently in a plane crash, th two young children, who had no living relatives, beca wards of the court. They were later placed in a foster hor

The children's fate might have been different had parents named a guardian for them in their will. Instead a foster home, the youngsters might have been placed w good family friends.

"Whenever I write a will for parents with an infant, I ways designate a guardian," says New York lawyer Sanf Schlesinger, a trust and estates specialist. "Otherwi should a joint accident occur, the court will make decision."

It's important to designate a guardian, even when th are living relatives, Schlesinger says. In the absence o surviving natural parent, the court usually awards child to grandparents. As a parent, you may prefer your siste brother to take over. "You really have to decide ahead time who you want to raise your kids," he says.

Moreover, where both sets of grandparents are ali a guardianship contest sometimes develops between the In these cases, explains Joseph Turret, New York Sur gate Court legal expert, the court makes the decisior believes to be in the child's best interest.

As a parent you may name a guardian both for the ch and for the child's property. They need not be the sa person.

WHEN PARENTS MUST ACT FAST

If you've ever worried whether you'd have your w about you in a medical emergency involving your ch you need *A Sigh of Relief. That's the title of a new fi aid book especially designed for times when you might too nervous to read fine print. *A Sigh of Relief* has no f print. It has big, bold pictures, which can speak lou than words to you when your adrenalin is pumping fa There is, of course, written text, too. But it's pared to basics and printed in oversize type. Among some of topics covered: burns, frostbite, cuts, respiratory failu broken limbs and poisoning. Here, according to *A Sigh Relief*, is what to do when a child runs a worrisome fev**

IMPORTANT: Call your doctor for any fever. Do not use medicat enemas or alcohol or ice water rubs unless your doctor so advis If the fever is 103° or higher, and you can't reach your doc begin gently cooling the child as described below.



1. Undress the child in a cool (cold), well-ventilated room. Avoid dr and chilling.
2. Place the child in a partially fi tub of lukewarm water, keeping m of his or her body exposed to the
3. Sponge the child's entire body w light, brisk strokes for 15 to 20 minu
4. Dry the child vigorously. Watch temperature closely, and repeat coo if necessary. *Produced by Martin I. Gree Bantam Books, 1977. $6.95

You can feed your child's curiosity about the world with f help from big business and public-minded agencies. Here some examples of materials they'll send youngsters: A pair gold-colored paper glasses with prismatic inserts that turn world rainbow-colored (write to: *Kaleidaglas, The Holex Co 2544 W. Main St., Norristown, Pa.*, 19401, *enclose* 25¢ *handling*); a complimentary copy of *Cricket*, a first-rate ch dren's magazine (*Cricket, Box 100, La Salle, Ill.* 61301, *encl* 30¢ *for handling*); a lovable decal of the panda, plus inform tion on endangered species (*The World Wildlife Fund, 13 18th St., N.W., Washington, D.C.*, 2003 There are listings of many more freebies kids in *The Rainbow Book (Parkway Press, I Minneapolis, Minn.*, 55408). Note: this last isn't free; it costs $3.50.



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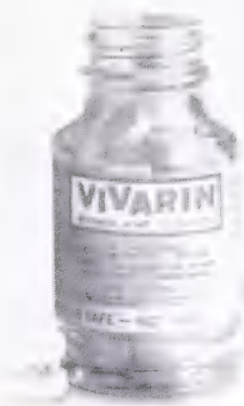
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There are times when nothing beats sitting down and having a cup of hot coffee or tea. Particularly first thing in the morning. It tastes good and gives you a lift.

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Read label for dire

Your family's health

By David R. Zimmerman

What every woman should know about that common gynecological procedure known as "dilatation." A special report.

The "D" of "D&C" and "D&E" stands for *dilatation*, an enlargement of the narrow cervical canal from the vagina into the uterus. Dilatation occurs naturally at childbirth, but must be induced by a doctor for a number of gynecological procedures. Unpleasant though it may be, dilatation is, with good reason, the commonest gynecological procedur—and millions of women experience it each year. "D" is used before curettage (the "C" of "D&C"), which is a scraping of the intra-uterine wall to obtain cells for the diagnosis of cancer and other diseases; curettage also cures some menstrual complaints. The "D" also may be necessary to insert an IUD or medication into the uterus, and precedes evacuation (the "E" of "D&E") of uterine contents by suction, a very common form of abortion.

A D&C usually is done under a general anesthetic in a hospital. The average length of a hospital stay for a D&C is 3.8 days. A D&E, under uncomplicated circumstances, can be performed under a local anesthe in an out-patient clinic or doctor's office. The "D" itself then may be unpleasant, but a woman needn't face the expense and confinement of hospital stay.

Whichever way it's used, "D" entails a small risk. The standard dilatation method is for the doctor to insert a series of progressively thicker dilators into the cervical canal until it spreads to pencil width. It takes from six to nine or more pounds of pressure to insert the blunt-tipped dilators, and sometimes the instruments used can tear the sides of the canal or puncture the uterine wall.

Social scientist Emiline Royco Ott, Ph.D., who surveyed the world literature on dilatation for the George Washington University Medical Center publication *Population Reports*, says far fewer injuries are claimed for a second traditional method, now used mainly outside the U.S. In the second method, a thin piece of moisture-absorbing seaweed called laminaria, is slipped into the canal and left overnight; the laminaria expands and produces dilatation. This method requires two visits to a doctor, but may be better than metal dilators, Dr. Ott says, if its comparative safety can be proven, which it hasn't—and this is why it isn't being used in the U.S.

A third approach to "D" is being pursued now with chemical compounds called prostaglandins. Thus far prostaglandins are produc unanticipated and unpleasant side effects.

Other experimental methods—including a soft balloon that is slowly inflated in the uterine canal—are being tested. But for now, metal dilators, while somewhat hazardous, remain the standard method. This means, says Dr. Ott, that "for the physician, the key operating principle is to proceed with great care and patience, using a minimum amount of force."

Concurs veteran practitioner Fritz F. Fuchs, M.D., who is Chief of Obstetrics and Gynecology at New York Hospital-Cornell Medical Center in Manhattan:

"It's a necessary procedure for the gynecologist—there's no way to circumvent the use of dilatation." But Dr. Fuchs adds, "it *must* be done with care."



No, Mother, Tylenol is not found safer than aspirin!

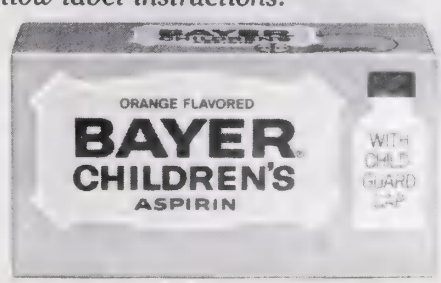
To all concerned parents! If you've been confused by advertising for a Tylenol product that claims it works like children's aspirin but it's *safer*...and *just as effective* when used as directed—you should know this:

A U.S. Government Agency, the Food and Drug Administration, has issued a news release on the findings of a panel of experts appointed to study nonprescription pain and fever relievers. Concerning acetaminophen, the active ingredient in Tylenol products, the FDA states that "the experts found no basis for claims that this ingredient is safer than aspirin and urged labeling to warn against the danger of liver damage from overdoses."

These experts recommend the following warning for all acetaminophen products, including children's preparations: "Do not exceed recommended dosage because severe liver damage may occur."

Parents! Acetaminophen was not found to be safer than aspirin. And you can continue to feel secure if you have been giving your child Bayer Children's Aspirin all along.

Read and follow label instructions.



you need a pain reliever and fever reducer for your child, get Bayer® Children's Aspirin.

THE AUTHOR OF "RAISE THE TITANIC" SINKS "A THIRD-RATE LEGEND":



by Clive Cussler

The Bermuda Triangle, the Sea of the Damned, or whatever else the hucksters call it, has become the decade's greatest fad in "unexplainable mysteries." Is it hiding a sunken civilization that snatches ships from the sea, a time warp of no return—or perhaps extraterrestial hijackers? Or is the Triangle simply a lucrative hook for writers and promoters to hang their bank accounts upon?

No one loves a good, honest, intriguing mystery more than this writer. But there is such a thing as separating the truth from myth. In the case of *Raise the Titanic*, I made no secret of the fact that the story was a figment of my checkered imagination, and that the technology of raising the 46,000-ton sunken liner from 13,000 feet of water was purely theoretical—no more, no less.

As a fiction-writer and a serious researcher of sea mysteries, I would like to put forth what many will consider blasphemy. I suggest that the Bermuda Triangle is a third-rate legend and a first-class fairy tale! So who's afraid of the Triangle? Certainly not the greatest odds-maker in the world. Leigh R. Hunt, an underwriter for Lloyds of London, who studies air and sea casualties with one eye locked on the company balance sheet, says "the losses in the area referred to by Americans as the Bermuda Triangle must inevitably be chalked up to happenstance."

Like death and taxes, the other guaranteed certainty is increased insurance premiums for transportation carriers that pass into high risk and hazardous areas. Not so for those that steam or fly through the Bermuda Triangle. Lloyds does not hesitate to hype rates during typhoon and hurricane seasons, or for vessels entering war zones, but not one extra farthing does it demand from ship and aircraft owners who dispatch their hardy crews and passengers into that three-cornered polygon running from Miami to Bermuda to Puerto Rico.

(continued)

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rning: The Surgeon General Has Determined t Cigarette Smoking Is Dangerous to Your Health.

MERIT

Kings & 100's

BERMUDA TRIANGLE

continued

In fact, until the hoopla hit its peak in 1975 with a rash of books and movies, the astute underwriters of Lloyds had never heard of the Bermuda Triangle. Not that they won't leap at the chance to protect their profit column, but, alas, they frankly can't see what all the fuss is about. Nor, for that matter, can the airlines. Can you imagine a harried ticket agent informing irate travelers that all flights to the West Indies are cancelled due to excessive UFO traffic or supernatural turbulence?

It's quite one thing for science-fiction buffs to accept without question sea hauntings and unexplainable whatnot, but woe unto the Martian or sea serpent who spoils their vacation in the sun.

The truth is, ships and aircraft have been vanishing with tragic regularity in every part of the world since they were invented. According to the Federal Aeronautics Administration, more than a dozen private planes have flown into oblivion within the continental limits of the United States. Occasionally, a long-lost wreck is discovered by hunters or hikers in remote forests or mountains, but seldom is there any mention in the news media—beyond a brief mention on the back page of a local paper. Yet if so much as a weather balloon or a garbage scow fades into the Triangle, the events make headlines from coast to coast, and thousands of devoted believers immediately conjure up all sorts of fantasies.

Great Lakes claim more ships

Unknown to most, the Great Lakes of North America embrace more lost ships than the Bermuda Triangle. The roster of vessels never seen again after sailing out of the lakes' freshwater ports is quite astonishing—even more so when it is known that most all of the my occurred within sight of land.

When cold, hard facts preva find that the most voracious ea ships and men is not UFOs or t zarre, but rather man's age-old wild weather. Hurricanes, typ nor'easters, whatever their localize send more unstable ships and pared crews into the great silence sea than any other cause.

Freighters carrying volatile can explode. Ore ships have been to have their cargo shift under seas and turn turtle, sinking in m without telltale wreckage or surv This was most likely the case with collier called *Cyclops*. It disappea 1918 enroute from Barbados to N The Triangle cultists never tire of ing on the *Cyclops*, citing a myri devious reasons for her demise. Th that two of her sister ships also

(continued on pag

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"I MUST DO SOMETHING!"

ANNE MORROW LINDBERGH'S TRIBUTE TO HER MOTHER



Mrs. Morrow with daughter Anne and grandson Jon Lindbergh.

EDITOR'S NOTE: *Anne Morrow Lindbergh, widow of pioneer aviator Charles A. Lindbergh, is one of America's outstanding authors, the writer of* Gift from the Sea, Hour of Gold, Hour of Lead. *Recently, she made a rare appearance at a YWCA luncheon in New York, in order to launch a new series of awards to outstanding women in business—awards created in honor of her mother, Elizabeth Cutter Morrow.*

The first woman president of Smith College, Mrs. Morrow built a successful and diverse career in education and in charitable service. She served as a trustee for both Smith College and Union Theological Seminary, helped found the national non-profit research organization Freedom House, and worked for many years with the YWCA and the Community Service Societ Married to Dwight Morrow, a form U.S. Ambassador to Mexico, Mrs. Mo row also found time to write. Her bes remembered work is Quatrains for M Daughter, *a poignant book of ver published after the kidnapping an death of her grandson in 1932. Her in Mrs. Lindbergh's words, is a lovin portrait of her mother.*

My mother's parents, the Cutters, were poor relations in an old Cleveland family. They didn't think of themselves as poor, but their lives were cramped by the need for niggling economies. They walked everywhere to save carfare; Mother and her two younger sisters wore hand-me-down clothes from richer cousins. Mother didn't mind the walking or the clothes, but she wanted desperately to go to college. Her parents were sympathetic and scraped up enough money for the first year's tuition. Then, in the "Panic" of 1893-1896, my grandfather lost his job. Mother thought this was the end of her college career. But she had an uncle who helped her financially. Money in itself is not enough to get ahead; someone must believe in you, and Great-uncle Arthur believed in Mother. His faith helped her get through Smith College, and at graduation she went out confidently to start a "career." Mother's diary entry in 1896 read: "Oh, I must accomplish something—I must *do* something—I must *be* something."

Mother wanted to write. In Cleveland in the 1890's, there weren't many jobs open to women. When Mother couldn't find a job, she created one that would be acceptable to Victorian society. Postponing her ambition to write, she offered a course of four lectures on Norwegian dramatist Henrik Ibsen. These talks, called "Parlor Lectures," were given in the elegant home of a kind cousin, and they were successfu Mother continued the lectures until she was offered a jo teaching school. Eventually, she left teaching to marry a obscure Mr. Morrow, a student working his way through New York law school. My grandparents liked Mr. Morrow They knew he came of good Presbyterian background; sti they wondered why Mother didn't choose a Cleveland bo But she chose Mr. Morrow, and it was a happy choice.

Yet Mother never forgot her early frustration at trying get an education, nor did she forget her later struggle to fi identity in work of her own. All her life she crusaded f women's education and women's advancement in the wor of action. Someone had believed in her, and she carried th faith into the lives of her daughters and into the lives other women striving for a position in the world.

Since the time my mother was young—almost a centu ago—women in America certainly have made their mark all fields of activity. They have demonstrated courage, initi tive and outstanding ability in reaching their varied goa My mother would have been so pleased at the accomplis ments of today's women. And because of her life-long dev tion to equal opportunities—in self-expression, in life, work—she would have been proud of the ever-widenin acceptance of women in every field of endeavor. E

What an olive does for a martini,





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The great mealtime accessories.



THE GIFT DAY

There are times when we are about to give up. Then something wonderful happens and we understand the nature of life's compensations! A short story by Paul Darcy Boles.

At nine this morning they were ready to go, with Lila in her bright blue hood and cape, the color of the spring sky. It was a flashing day, with sunpoints touching Lila's eyes as she waited for Amy to open the front door. But the hazel eyes were far off—not so much secretive as absent, printed with nothing.

Amy took her daughter's hand. She had to reach down for it, it didn't come up to greet hers. And it was almost cold, like a little tulip bulb still underground. But when they were outside and she was helping Lila down the steps, the hand opened slightly in Amy's—as though making a very mild protest from a prison. At the foot of the steps Amy stopped.

"They're waiting for you, love," she said. "It's a kind of party." She swung the suitcase and the ducks painted on it sparkled. "All your best things are in here. Even Tom Bear and Ozzie." She was speaking very distinctly, trying to make words do a lot more than they could. She had, many times, dreamed of discovering another language—one that didn't need words, but could reach Lila in silence, like a heart offered in the palm of her hand. Ozzie was a worn fur owl. "Even old Ozzie," she said again, and again she swung the suitcase.

Lila's gaze followed the motion, but that was all. Doctor Brenden had said, "There'll be steps forward, steps back, all her life. But essentially she'll stay where she is. And you're young—this Chicago job could expand your life. It seems to me now's the time to decide."

He hadn't mentioned that if Jeb had still been here, it would have been a shared decision. He didn't need to; Jeb's absence was still all around them. She and Jeb had been bringing Lila to Doctor Brenden every week for quite a while before the accident at the air force base where Jeb worked. Along with a few other people, Doctor Brenden had been helpful, both during the shock of Jeb's going and during quite a few of the seismic waves after that.

"It's a decent place. I don't say they'll be any better with Lila than you are," he'd said. "But with Lila there, you'll have time to be kind to yourself. Let me pick you up tomorrow afternoon—we'll all three drive out, and you can look it over."

Amy narrowed her eyes toward the bus stop, two blocks away. She was suiting her pace to Lila, who walked slowly and with her head down. Lila had been a good baby, wonderfully quiet. Then, it appeared, much too quiet. That was the time of the consultations, the tests. Amy watched the sun skip over the grosgrain of Lila's hood, the short, stumpy shadow of her swaying alongside. With every test, you really didn't know how much you could keep on hoping, until they were all done and the flat results were in. And the strange thing was, you kept on hoping afterward. You hoped at those times when a nightlight on the sleeping face brought out a kind of mystic intelligence locked inside. You hoped when Lila laughed as she sometimes did, though not often—she had laughed the morning before while doing her laborious exercises, and it had been like any child's laugh. Where Lila was going now, they knew all about the exercises. They were very kind and they knew about almost everything. But they didn't know about the picnic above the river, when Lila was five, three years before, and when Jeb—well, *(continued)*

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Sylvia Black

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GIFT DAY

continued

when Jeb was just there, with not a thought of him being there.

It had been a sprawling picnic, not planned, with too potato salad, too much supermarket wine, but somehow enough of everything. And the river light absolutely sere four o'clock in the afternoon, and straggling daisies and quils scribbling their way all the way down to the water sprawled on the tired Indian blanket, brought out his fa phrase for such times. "A good old gift day," he said, r over and rising on his elbows and looking hard into the between the oaks and the light shimmering up from the river. "Eat it up, everybody. It won't last."

That was when Lila came running toward them—not bering—running. Suddenly, like any five-year-old in cre and also as if just created, a puppy that hadn't ever leash, a free flame. Her hair blew back, and her feet swift and sure, and her arms were full of the wildfl picked just anyhow, and her eyes blazed with life. She the flowers over Amy, over Jeb, letting them fall in a ju of petals and leaves and sweet-smelling stems. She la with the sound of it going up to the sun, like so many bi

It didn't last long—only for minutes. But it had been day. It had happened.

They were at a cross street. The stoplight turned red. took a firmer hold on Lila's hand. The fingers were w now inside Amy's, but they didn't answer back at all. waited, and Lila waited with her, as quiet as one of the ca trees on this corner; quieter—the trees were restless i delicate, plucking wind. Lila only stood there. Cars stre by, but Amy was the only one of the two watching move. She would be able to afford a car soon, with the Chicago, till then, she would take the commuters' train. car, ancient to start with, had broken down forever last w And—Amy made a little face but Lila didn't see i wouldn't have to worry anymore about Mrs. Masson. Masson had been coming on Wednesdays for a cou hours—long enough to let Amy do the week's shopping, would have taken twice the time with Lila along.

Mrs. Masson had a theory she'd only had a chance to tion once. The theory was that "the sins of the fathers been wished on Amy and Jeb in the form of Lila. No tell Mrs. Masson that children with birth defects could to anyone, in any family, and too often did. No use t Doctor Brenden's statistics. Mrs. Masson counted her very murky statistics in mournful numbers. It rained she sat. Her one virtue was being a cheap sitter. Amy her head sharply. Mrs. Masson was in the past now didn't even have to be thought about. The light change Amy led Lila across the street.

There was no one on the bus stop bench, whic pleasant, because there were too many Mrs. Massons ar Amy set the suitcases on the bench seat, put her pocke beside it, sat down herself and patted a place besid "Come on, love."

Lila climbed gradually, as if on the Alps. It was alw temptation to boost her, lift her up. But, like the exe climbing helped. Amy wondered if, where Lila was the people felt part of themselves go into each motion o charges, as part of herself went into Lila. Maybe that matter—but somehow, Amy thought it ought to. Lila the last tough inch of the climb, panting a little, then sh squirming around to face the street, settling back, brea hard. The lids of her fawn-shaped eyes hung heavy, th lashes thick as wheat. Amy patted her shoulder. "Good That was very good."

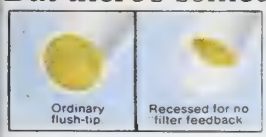
The hood and cape were wrinkled. Amy smoothe cape, pulled the hood straight. Who *(continued on pag*

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Kings: 10 mg "tar," 0.6 mg nicotine—
100's: 12 mg "tar," 0.7 mg nicotine av. per cigarette, FTC Report, Aug. 77.

DR. FRANK FIELD'S TV DIET

If NBC's science editor can lose 15 pounds in front of millions of TV viewers, why can't you do it at home? Here's his no-nonsense advice to keep your spirits up—plus two weeks of super recipes to bring your calorie count down. By Dr. Frank Field



"Dr. Field, I watch you all the time on the news!" said a little gray-haired lady as she grabbed my sleeve. "You're better-looking in person than you are on television . . . even if you are a little heavy."

I thanked her, but all the way back to the studio I kept remembering what she'd said: Was I really fat?

True, my shirt collars had grown tight, and my pants legs slightly shorter. But I hadn't let it bother me. I bought the next size shirt, had my pants let out and kept right on eating desserts. The idea of dieting crossed my mind but it seemed like an awful lot of trouble and deprivation, and I just wasn't motivated.

At least, not until the news director of WNBC-TV called me into his office. "Frank, we want you to do a series on dieting. Since you can afford to lose ten pounds or so, why don't you go on a diet yourself? It would be the first time anybody tried to lose weight in front of millions of people."

It was, I had to admit, a good way to capture audience interest. As science editor of WNBC, I had already interviewed many of the proponents of new diet ideas, and viewer interest was overwhelming.

I hoped that by losing weight the right way in front of millions of people, I might prove what doctors have been saying for years: weight loss is governed by your behavior and the amount you eat. I wanted to show that anyone in good health, with no metabolic problems, should be able to lose weight safely—and keep it off.

After examining many diets I summed up the requirements for mine.

1. It had to be nutritious.
2. It had to be easy to follow, and easily incorporated into our lives.
3. It had to be a program that men and women of all ages could follow.
4. It couldn't require expensive or elaborate meals since most people don't have the extra money or time.
5. It had to reflect up-to-date medical knowledge.
6. It had to enable those on it to lose approximately ten pounds in one month.

Ten pounds was my initial goal. But Tom Snyder, who was then anchorman, kidded me so much on the air that he soon had me losing 15 pounds. Every time he announced how much weight I was going to lose, he added another pound.

But by that time I was serious about losing my excess weight—and that, I am convinced, is the one and only key to losing weight. The dieter must be truly motivated. There *are* no tricks, no gimmicks, no magic diet plans. It doesn't matter if you have lost weight or not in the past. What really matters is whether or not you feel strongly about going on a diet *now*.

At the TV studio, a 700-pound scale—the type used by prizefighters—had been ordered especially for me. Just about everyone—from vice presidents to stagehands—took a turn "weighing in." They all wanted to be sure it functioned correctly. No one was going to let me get away with a thing!

The night finally arrived. After explaining the diet to the viewing audience, it was time to weigh myself. Stagehands and cameramen groaned as I stepped on the scale. At six feet two inches, I weighed 250 pounds! I didn't believe it—and, sure enough, Tom Snyder had his foot on the scale. When he moved away, I weighed in at 201.

During the first week, I talked each night about different types of diets, including the one I had chosen. I tried to point out the advantages and disadvantages of each. I emphasized that not everyone need follow the high-protein, low-fat, relatively low-carbohydrate plan that I had selected. If other people wanted to follow a different regimen, that was fine—provided they had their doctor's blessing.

The first week ended quickly. I ate well and, when possible, I walked to work. I even brought my lunch to the studio. Before the diet, I had skipped lunch or just grabbed a hamburger. Now I couldn't afford to be so careless.

At the end of the first week, I stepped on the scale again. I'd lost six pounds. I couldn't have been more pleased. Now I was sure I could lose all 15 pounds.

At home that evening, we all had a diet Frosty Shake to celebrate (recipe on page 64). Even my family was surprised. Nobody else had lost as much, though they did catch up with me later. My daughter Allison, 21, and son, Storm, 28, each lost half a pound, while Pamela, 26, and my wife Joan each lost one pound.

Another week went by. I walked to work, bicycled around the neighborhood and jogged to the store for the weekend newspapers. This was more exercise than I'd had in years. Unfortunately, every step I took would increase my craving for sweets, but I found that a bottle of diet soda would satisfy that need.

On Friday of the second week, with the TV cameras on me, I *(continued)*

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TV DIET

continued

unbuttoned my jacket and slipped it off. As I bent down to untie my shoelaces and remove my shoes, people in the studio were yelling, "Take it off," and somebody even played some stripper's music over the loudspeaker. I was given a drum roll. I stepped on the scale—and almost started a riot. It read 190. Even I was surprised; that meant a loss of five pounds the second week, which added to the six pounds from the week before, made a total of 11 pounds in two weeks.

The phone at the studio began ringing while I was still on the scale.

"He cheated somehow!"

"He took off his shoes this time, but not last time."

"That scale can't be right!"

The minute I stepped off the scale, Tom and a stagehand weighed themselves. They had to admit that the scale was accurate.

On the program the next week, I pointed out that I'd removed my shoes off-camera for the first weigh-in, and on-camera the next time. I promised that I hadn't altered my clothing. Everyone in the studio could attest to that; they had been watching me like hawks.

The third week was fun. I spent all my time on the air discussing the different forms of exercise, and their importance both as part of a diet and as a way of life. I even demonstrated many types of exercise, including jogging, bicycling, tennis, swimming and working out in a gym. The only exercise I refused to demonstrate was belly-dancing; I'd lost enough dignity already.

My weigh-in at the end of the third week didn't cause as much commotion as before. I lost two and a half pounds, for a new weight of 187½. The bulk of my weight loss came early and now I was slowing down. Others, like my children, had started out slowly and were losing more weight toward the end of the diet. Some people complained of hitting an early plateau and not losing another ounce. My wife had that problem. She had been our morale booster for the first few weeks, always urging us to stick with it. Now, given the chance to pay her back, we were glad to give her the encouragement she needed.

About this time, I felt I was ready to incorporate my new eating habits into my old lifestyle, so I stopped taking lunch and began going out to eat again.

Watching other people enjoying their desserts was difficult at first, but I adjusted to it. I had some fruit, or lingered over a cup of coffee. I learned to ask for vegetables without butter, and to skip gravy and sauces. Eating out wasn't difficult at all.

The fourth week ended at last. That Friday, I announced the end of my diet. We had all enjoyed the kidding and were sorry to see it end. In a way though, I was relieved to be off the hook. I still intended to exercise and watch my weight, but from now on I wouldn't have to account for my excess ounces before millions of people.

That final evening, I weighed in at 184, which meant I'd lost two and a half pounds during the last week. In the course of the month I had lost 16 pounds!

Most of the comments I received were favorable, though there were a few letters of concern. One woman wrote that I had looked much more handsome before; she suggested a "Put It All Back On With Frank" diet. Oh, well, you can't please everyone!

THE DIET

I chose to follow a diet high in protein and moderately low in fats and carbohydrates. My food portions were medium-sized; I had about four to six ounces of fish, poultry or lean meat, and about one cup of vegetables at lunch and dinner. I never went back for seconds—except on salad. I allowed myself filling but dietetic snacks during the afternoon and the evening, and as much artificial sweetener as I wanted anytime.

Below are the menus for the first two weeks of the diet. Recipes for dishes marked with an asterisk (*) start on page 64. I won't deny it—I cheated a few times, and I've included those days, too. But notice that I immediately returned to the diet following a splurge. That's more important than the occasional indulgence itself.

DAY 1

Breakfast: 1 medium orange
1 slice white toast with 1 slice melted cheese
1 cup black coffee
Lunch: Skipped! (A mistake on my part.)
Dinner: 1 glass tomato juice
1 slice roasted turkey breast
Green string beans
Mixed green salad with 2 teaspoons oil and vinegar dressing
1 peach
2 cups black coffee
Snack: 1 diet frosty shake—coffee*
1 small apple

DAY 2

Breakfast: 1 glass orange juice
2 soft-cooked eggs
1 slice whole wheat toast
1 pat diet margarine
1 cup black coffee
Lunch: White meat turkey and lettuce on one slice white bread toast
Green pepper slices, cucumber slices
1 glass skim milk
Snack: 1 large apple
Dinner: ½ grapefruit
2 veal burgers (no bread!)
Sliced tomato and Bermuda onion salad (no dressing)
1 cup black coffee
Snack: 1 diet frosty shake—vanilla*
1 peach

DAY 3

Breakfast: 1 glass orange juice
1 bowl puffed rice in skim milk
1 cup black coffee
Lunch: 2 slices cheese, two slices tomato and lettuce on one slice whole wheat toast
Carrot sticks, cucumber slices
1 glass skim milk
Snack: 1 large pear
2 cups black coffee
Dinner: 1 bowl consommé with bean sprouts
2 broiled flounder filets
Broccoli
Mixed green salad with 2 teaspoon oil and vinegar dressing
1 serving diet cherry gelatin with pineapple chunks
1 cup black coffee
Snack: 1 diet soda
1 diet frosty shake—maple*
1 small apple

DAY 4

Breakfast: ¼ cantaloupe
1 breakfast puff*
1 cup black coffee
Lunch: 1 grilled tuna boat*
1 slice garlic toast*
Celery stalks, green pepper slices
1 glass skim milk
Snack: 1 pear
1 cup black coffee
Dinner: 1 bowl chicken consommé
Diet pepper steak*
Fresh mushrooms
Hearts of lettuce salad with diet tomato juice dressing*
½ fresh pineapple
1 cup black coffee
Snack: 1 diet frosty shake—coffee*
1 apple

DAY 5

Breakfast: 1 glass orange juice
1 bowl raisin bran with skim milk
1 cup black coffee
Lunch: One slice boiled ham and two slices cheese on whole wheat toa
Green pepper slices, carrot slices
1 glass skim milk
Snack: 2 small plums
1 diet soda
Dinner: ½ grapefruit
1 piece roast chicken
Zucchini
Mixed green salad with 2 teaspoons oil and vinegar dressing
Fruit compote*
1 cup black coffee
Snack: 1 serving low-fat yogurt*
1 pear
1 cup fresh strawberries

DAY 6 The first weekend!

Breakfast: ½ grapefruit
1 slice whole wheat toast with one slice melted cheese
1 cup black coffee
Lunch: 1 cup cottage cheese with fresh vegetables (celery, carrots, green pepper)
2 bread sticks
1 glass skim milk
1 apple
Snack: 1 diet soda
Dinner: 1 bowl vegetable broth
Veal cutlet

(contin



"I asked my doctor about taking tril 500.™ He said 'great'. Ask your doctor."

—John Wayne

As your doctor may tell you, plain aspirin can cause stomach upset. But is no aspirin at all in Datril® and Datril 500.™ They contain acetaminophen, which is far less likely to upset the stomach. And they are just as effective against headache.



Extra-Strength Datril 500 is so strong just two tablets contain the same amount of pain reliever as three regular tablets–aspirin or non-aspirin.

Fast-formula Regular Datril contains the same amount of pain reliever as regular Tylenol® ts but gets it into the blood- m significantly faster. In studies, on the average, minutes, 73% more Datril been delivered into the lstream. And, by 20 minutes, il still had delivered 38% . Datril and Datril 500. Why sk your doctor?



Use only as directed.

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TV DIET

continued

Mixed green salad with 2 teaspoons oil and vinegar dressing
Frozen dessert°
1 cup black coffee
Snack: 1 diet soda
1 serving diet strawberry gelatin
1 apple
1 diet frosty shake—coffee°
Raw celery stalks, fresh cooked mushrooms
1 small bunch grapes

DAY 7

Breakfast: 1 glass orange juice
1 slice diet French toast°
1 cup black coffee
Lunch: 1 slice diet pizza°
1 diet soda
1 pear
Snack: 1 diet frosty shake—chocolate°
Dinner: Asparagus soup°
2 slices roast beef
Carrots
Mixed green salad with 2 teaspoons oil and vinegar dressing
1 baked apple in cherry sauce°
1 cup black coffee
Snack: 1 glass tomato juice
1 serving diet banana-strawberry gelatin
1 diet frosty shake—coffee°
1 small bunch grapes
1 diet soda
1 stick sugarless gum

DAY 8

Breakfast: ½ grapefruit
1 bowl shredded wheat, skim milk
1 cup black coffee
Lunch: Chicken, lettuce and tomato on one slice whole wheat toast
Celery stalks, green pepper rings
1 glass skim milk
Snack: 1 diet soda
1 stick sugarless gum
1 large apple
Dinner: Beef bouillon with braized celery
Steamed striped bass filet
String beans
Cucumber and onion salad°
1 serving diet strawberry gelatin with ½ banana
1 cup black coffee
Snack: 1 serving yogurt freezie°

DAY 9

Breakfast: ½ grapefruit
1 breakfast puff°
1 cup black coffee
Lunch: Diet western omelette°
Green pepper rings, cucumber slices, carrot sticks
1 glass skim milk
Snack: 1 diet soda
1 stick sugarless gum
Dinner: 1 bowl vegetable soup
Broiled chicken breast
Peas
Mixed green salad with 2 teaspoons oil and vinegar dressing
Orange sherbet°
1 cup black coffee
Snack: 1 diet frosty shake—coffee°
1 serving diet strawberry gelatin

DAY 10

Breakfast: 1 orange
1 bowl puffed wheat, skim milk
1 cup black coffee
Lunch: Canned salmon
2 slices rye melba toast
Celery, cherry tomatoes
1 glass skim milk
Snack: 1 pear
Dinner: Chicken broth with bean sprouts
2 lamp chops
Cauliflower
Hearts of lettuce with 2 teaspoons oil and vinegar dressing
¼ Spanish melon
1 cup black coffee
Snack: 1 diet frosty shake—vanilla°
1 serving diet lime gelatin

DAY 11

Breakfast: 1 glass orange juice
1 bowl cream of wheat, skim milk
1 cup black coffee
Lunch: 1 hard-cooked egg
1 slice whole wheat toast
Green pepper rings, carrot sticks
1 glass skim milk
Snack: 1 apple
1 diet soda
Dinner: ½ grapefruit
1 rock cornish hen
Spinach
Mixed green salad with 2 teaspoons oil and vinegar dressing
1 small bunch grapes
1 cup black coffee
Snack: 1 serving low-fat yogurt°

DAY 12

Breakfast: 1 bowl bran, skim milk
1 cup black coffee
Lunch: 1 cup cottage cheese with apple slices
1 glass skim milk
Snack: Celery stalks, green pepper
1 pear
Dinner: ½ grapefruit
2 veal chops
String beans
Cucumber and onion salad°
1 cup black coffee
Snack: Diet frosty shake—chocolate mint°
Pineapple in orange°

DAY 13

Breakfast: ½ grapefruit
1 soft-cooked egg
1 slice whole wheat toast
1 pat diet margarine
1 cup black coffee
Lunch: Salade Nicoise°
Garlic toast° (one slice)
1 diet frosty shake—coffee°
Snack: Raw vegetables—celery, cucumber, green pepper
1 pear
Dinner: Fresh fruit cup
3 grilled beef franks
Sauerkraut
Corn (whole kernel)
1 serving diet banana-strawberry gelatin
1 cup tea
Snack: 1 diet frosty shake—banana°
1 serving diet banana-strawberry gelatin
1 diet soda
1 stick sugarless gum

DAY 14

Breakfast: 1 glass orange juice
1 bowl shredded wheat, skim mil
1 cup black coffee
Lunch: Antipasto diet plate°
1 cup black coffee
1 serving diet cherry gelatin
Snack: 1 diet frosty shake—vanilla°
Pear slices with cinnamon
Dinner: ½ grapefruit
Broiled swordfish steak
Wax beans
Mixed green salad with 2 teaspoo oil and vinegar dressing
1 serving diet orange gelatin
1 cup black coffee
Snack: 1 diet frosty shake—maple°
1 stick sugarless gum
1 diet soda

Don't feel you have to follow my menu. To help devise your own, I've the foods I felt I could and could n

Foods I ate: Lean meat, chicken, fish eggs a week, three fruits a day (b occasionally eat those very high in such as bananas and grapes), veg (but only occasionally eat those h starch and sugar such as peas and two slices of bread a day, two teaspo salad dressing a day (but no mayo dressings) or as much low-calorie d as I wanted, skim milk, diet gelati soda, sugarless gum, coffee, tea.
Foods I avoided (whenever possible) and organ meats (liver, bacon, etc. canned in oil, olives, avocados, fruit in sugar syrup, sugared cereals, whole breads containing honey and molasse foods, whole milk, sour cream, ice cake, cookies, candy, nuts, potato pretzels, alcoholic drinks.

Editor's Note: All recipes in this s are among Frank Field's favorit cluding the ones using artificial eners. Some readers may prefer t or lessen the use of the latter.

Diet Frosty Shake

1 cup skim milk
4 ice cubes
1 packet artificial sweetener
1 teaspoon instant coffee, or sliced fruit, or canned fruit, or 1 capful

Put all ingredients in a blender. and blend at medium speed until and almost double in volume.

Salade Nicoise

Salad vegetables: lettuce, green pe cucumber, radishes, celery, drai canned string beans, pimiento
1 can (7 oz.) tuna, packed in water
1 or 2 hard-cooked eggs

Combine all ingredients to taste with Tomato Juice Dressing (bel

Tomato Juice Dressing

½ cup tomato juice
2 tablespoons cider vinegar
1 teaspoon onion flakes
½ teaspoon dry mustard
½ teaspoon garlic powder
¼ teaspoon salt
⅛ teaspoon white pepper
Parsley flakes
Oregano (to taste)

In a jar with tight-fitting lid, *(cont*

Dogs like this better han burger dog food.

Ken-L Ration Special Cuts

at's what owners told us when
l Cuts was tested against the lead-
rger dog food, in homes like yours.
ecial Cuts is a cut above burger.
pecial Cuts is a cut above beef, too.
re nutritious. Actually better for your
an a butcher's best beef, it has all
trition your dog needs every day.
n-L Ration Special Cuts. It really is
hing special.

A cut above burger.
A cut above beef.





TV DIET
continued

add all ingredients; shake. Refrigerate; allow to marinate for a few hours.

Breakfast Puff

1 slice white bread, toasted
⅓ cup cottage cheese (or skim milk ricotta cheese)
Artificial sweetener
Cinnamon

Spread cottage cheese on toast. Sprinkle with sweetener and cinnamon. Broil until cottage cheese lightly bubbles.

Diet French Toast

1 slice white bread
1 egg
1 packet artificial sweetener

Dip bread in 1 beaten egg. Place on sheet of aluminum foil. Broil until golden brown. (If you want a dryer consistency, turn over and broil on second side.) Sprinkle with artificial sweetener.

Garlic Toast

Sprinkle garlic and paprika on bread. Pop in the toaster.

Diet Pizza

1 slice white bread, toasted
1 slice skim milk mozarella cheese (1 oz.)
1 tablespoon tomato sauce (made from boiling down tomato juice)
Oregano to taste

Melt cheese and tomato sauce on toast in broiler. Sprinkle with oregano.

Low-Fat Yogurt

1 quart packet nonfat dry milk (1⅓ cups powder)
3 cups water
¼ cup plain yogurt

Mix milk powder and water, heat just to a boil; let cool to lukewarm. Add plain yogurt to the lukewarm mixture and mix well. Pour into dessert dishes and cover with a towel. Let sit overnight until it solidifies or "gels." Then refrigerate.

Yogurt Freezie

Simply pour low-fat yogurt into plastic cup or ice tray and freeze.

Cucumber and Onion Salad

1 cucumber, thinly sliced
1 onion, thinly sliced
Artificial sweetener, to taste
½ cup wine vinegar
Salt and pepper

Combine all ingredients in a bowl. Cover; marinate in refrigerator for 2 hours.

Baked Apple in Cherry Sauce

Put cored Rome Beauty apple in individual baking dish. Fill center with cherry soda. Bake at 350°F. for 1 hour.

Pineapple in Orange

Pare a fresh pineapple, cut into quarters and slice each quarter into 6 equal slices. Let marinate overnight in diet orange soda in a bowl and serve.

Antipasto Diet Plate

1 paper-thin slice boiled ham
1 paper-thin slice chicken or turkey roll
1 slice American cheese (¾ oz.)
1 slice provolone cheese (1 oz.)
1 slice pickle
Radishes
Raw cauliflower
Roasted peppers
Green pepper slices
Sliced tomato

Arrange all ingredients decoratively on plate and serve with dash of wine vinegar; salt and pepper to taste.

Fruit Compote

1 cup sliced assorted fruits
1 teaspoon brandy extract
1 packet artificial sweetener

Combine all and marinate overnight.

Orange Sherbet

⅓ cup dry skim milk powder
¾ cup water
3 tablespoons unsweetened frozen orange juice, undiluted

Blend all and freeze in ice cube tray.

Frozen Dessert

1 package diet chocolate skim milk powder (.75 oz.)
½ cup crushed pineapple

Make milk according to package d tions. Add pineapple and mix well. into ice cube tray and freeze.

Asparagus Soup

1 chicken bouillon cube
1 cup hot water
1 can (19 oz.) asparagus (don't drai
1 can (1 lb.) string beans (don't drain)
1 teaspoon onion flakes

Dissolve bouillon cube in hot w Blend all ingredients (including li from cans) thoroughly in a ble Serve hot or cold with salt and pep

Diet Western Omelette

1 egg
1 tablespoon dried onion flakes
1 slice cheese (¾ oz.)
¼ cup diced green pepper

Beat egg and onion, let stand 5 min Heat non-stick pan or use non-stick table coating spray instead of oil. egg mixture and cook, shaking pan sionally. Add cheese and green pe Cook 1 more minute.

Grilled Tuna Boats

1 frankfurter roll, toasted
3½ ounces of tuna
1 slice American cheese (¾ oz.)

Spread tuna on roll. Top with ch Broil till cheese melts.

Diet Pepper Steak

6 ounces round steak cut into slivers
1 beef bouillon cube
1 cup water
Garlic powder
Salt and pepper to taste
2 tablespoons soy sauce
1 thinly sliced green pepper

In a non-stick pan, brown steak. bouillon cube, water, garlic, salt pepper and soy sauce. Cover and sim for 5 minutes. Add green pepper. C simmer until pepper is tender-crisp.

The working woman
continued from page 32

having forgotten to replace the second earring.) In my estimation, a canvas bag is more flexible, commodious and economical than a "masculine" briefcase. (You can always shove in a loaf of bread on your way home from work.) Shawls and hooded jackets don't fit under my winter coats—and who can type, operate a machine or pick up a child while draped in a shawl? Pants will never go out of "fashion" as long as they keep you warm in winter, let you exit gracefully from cars and buses, eliminate the need to shave your legs or cross your feet modestly at the ankles—and allow you to run if you have to.

7) Are you tolerating a double standard dress code? If *he* can wear a leisure suit, turtleneck, etc., why not petition for informality for women employees also?

8) How do you feel about uniformed work? Whether nurse, beautician, doctor or waitress, many women find that a uniform affects their self-esteem and others' attitudes toward them. A household worker prefers having a white uniform and cap supplied by her employer because it saves wear and tear on her own clothing and makes her feel professional. She says, "I wouldn't want a doctor to examine me while wearing his golf clothes and I don't think a household technician should clean in a housedress."

Uniforms can represent authority to some, comformity to others. They tell the world what you *do*, which may not necessarily match who you are. On the other hand, uniforms can be a leveling influence among workers since there is no room for competitive fashion rit And uniforms certainly simplify th of getting dressed in the morning act which, as we've seen, is somet more demanding and complicated it need be.

GOOD NEWS ABOUT CLOTH

• **The U.S. Navy** now provides m nity uniforms for pregnant female sonnel. This allows them to remai work instead of suffering forced re ment on account of an outgrown w line.

• **Sears Roebuck** has discovered 5.2 million blue-collar women wh been making do with "old clo sweatshirts, jeans and men's work c ing." In its Winter catalog, Sears i duces a line of heavy-duty work cl for female bus drivers, butchers brickmasons, among others. How a a Coty Award to Sears?

Why smoke this much tar...



19 MG TAR 2 MG NIC.
12 MG TAR 0.9 MG NIC.
17 MG TAR 1.0 MG NIC.
12 MG TAR 0.7 MG NIC.
16 MG TAR 1.0 MG NIC.
11 MG TAR 0.7 MG NIC.
16 MG TAR 1.1 MG NIC.
17 MG TAR 1.2 MG NIC.
10 MG TAR 0.6 MG NIC.

when you can get good taste at only 8 mg tar?



King size or 100's, Regular or Menthol.

Simply put, they're as low as you can go and still get good taste and smoking satisfaction.

All Brands Sold: Lowest tar: 0.5 mg."tar," 0.05 mg. nicotine;
t Golden Lights: Kings Regular—8 mg."tar," 0.6 mg. nicotine; **Kings Menthol**—
g."tar," 0.7 mg. nicotine av. per cigarette FTC Report, August 1977. **100's Regular**
l Menthol—10 mg."tar," 0.9 mg. nicotine av. per cigarette by FTC Method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.



The Best Man had seconds on the wedding cake.

The Maid of Honor complimented the Irish Linen.

The Groom's father said the Bride looked beautiful.

And his m noticed spotty gla

If you have spot problems...

Get the Cascade loo virtually spotless

For virtually spotless dishes, nothing can beat Cascade.

[illegible] can leave spot problems, but [illegible] action fights drops that spot. [illegible] Cascade look: bright...shiny... [illegible] tually spotless.



LADIES'
ME JOURNAL
JANUARY
1978



PRINCESS CAROLINE: FROM BABY TO BRIDE

Caroline one day old . . . and with fiancé Philippe Junot



He photographed her when she was one day old—and he has been recording her progress for 20 years. Now, as Princess Caroline prepares to marry, her personal photographer reveals the young woman behind the headlines. By Howell Conant.

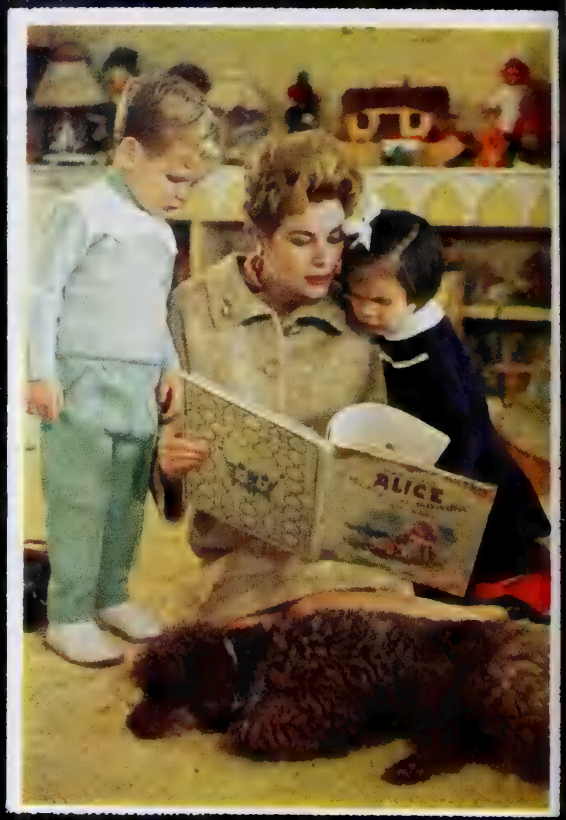
In 1955, His Serene Highness Prince Rainier of Monaco appointed me to take the official wedding portraits of his marriage to American actress Grace Kelly. Two years later, I was called on again by Prince Rainier. The second assignment was to take photographs celebrating the birth and christening of the Grimaldis' first child, Princess Caroline. In the 20 years that followed, I took the Grimaldi family's portrait almost every year, and *(continued)*



1957 In September, Prince Rainier helped us photograph his wife and two-month-old daughter while they vacationed in Switzerland.

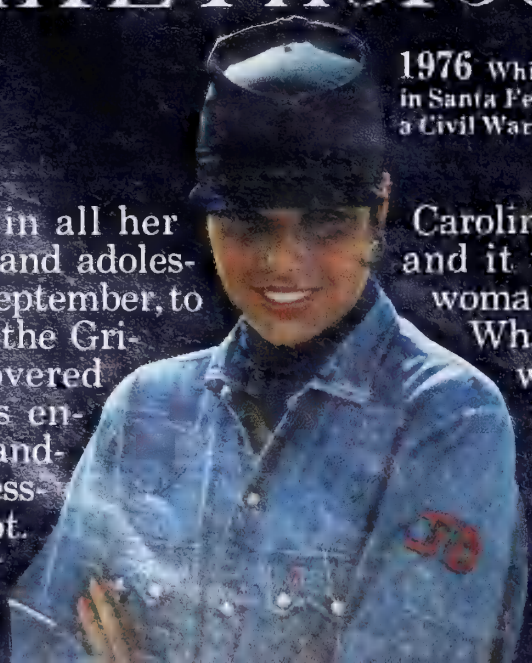


1958 Princess Caroline, now almost a year and a half, shares a nursery with her new baby brother, Prince Albert.



1961 Her very serene Serene Highness, Princess Grace, reads fairytales to Caroline and Albert . . . in French.

A ROYAL BEAUTY'S INTIMATE PHOTO ALBUM



1976 While shopping with Prince Rainier in Santa Fe, N.M., Caroline bought a replica of a Civil War Union Army cap.

observed Caroline in all her stages of childhood and adolescence. Then, last September, to complete a cycle in the Grimaldis' lives, I covered Princess Caroline's engagement to the handsome French businessman Philippe Junot. The *Journal*'s cover this month is one of Caroline's engagement photos, and it reflects a happy young woman very much in love.

What has it been like to work with Monaco's first family? What kind of people are they?

When Caroline was four and her brother Albert two – Princess Stephanie was still to



1967 Everyone into the pool! Princess Caroline and Princess Grace on vacation in Jamaica.

1962 Princess Caroline and Prince Albert playing cowboys and Indians. Who applied the war paint? Princess Grace, naturally.







1969 Mother and daughter have always been close. I snapped this picture as they were walking on their farm, Rock-agel, in Monaco.

1965 Caroline always loved to dance, and I think at that age—8—she dreamed of becoming a ballerina someday.

come—I shot a family portrait for the cover of the October 1961 *Journal*. After the shooting I was asked, "How do you photograph a royal family?" My reply: "The same as any other family." In many ways, the Grimaldis *are* a typical family. For example, I remember how the Prince helped with Caroline's baby pictures. Like any other father, he made funny sounds and faces until his little daughter smiled. At a later date, Princess Grace showed signs of being a typical mother when she asked a then-teenaged Caroline such ordinary questions as: "What time will you be home? Did you pass your history exam?"

Although they are strict, Prince Rainier and Princess Grace are loving and open parents. Caroline is treated like a friend and companion; she plays tennis with her mother and scurries about with her *(continued on page 110)*

HOW HEALTHY IS YOUR MARRIAGE?



Maybe your marriage isn't as good as you want it to be—or maybe it's better than you'd realized. But if you never ask the questions, you'll never know the answers.
By Dr. Tilla Vahanian and Sally Wendkos Olds

At your annual physical examination, the doctor may tell you, "You're in excellent health, but you should eat less and exercise more." Your checkup is a routine–but effective–way of keeping yourself in good shape.

Have you ever thought of doing this for your marriage? Why not give your marriage a checkup? Where is it strong? What are the problem areas that may need special attention?

The 35 questions on the facing page can help you examine the well-being of your marriage *now* instead of waiting for symptoms of distress to appear.

You will receive no numerical score from this quiz. But through your own answers, you will be able to assess the vigor of your relationship. When both you and your spouse take the quiz separately and then compare your answers, you should have new, rich information about each other, and new ways to view your relationship.

To take the quiz, each partner should number from 1 to 35 on a separate piece of paper. Check only those questions that apply to your feelings or behavior, or fill in the blanks where indicated. After you have both completed the answers, see the analysis of your replies beginning on page 112. Photograph by Roy Coggin

YOUR 1978 MARITAL CHECKUP

A quiz for couples to take together

1. When my spouse and I are separated for a few days, I miss him/her terribly, but when we're together again I wonder why I felt so very lonely during the time we were apart.

2. I have never told my spouse a lie.

3. I often wonder whether I would have been happier married to someone else.

4. It hurts me when I see other people take advantage of my spouse.

5. My spouse is a better parent than I am.

6. When my spouse and I go out to a restaurant alone, we seem to find it hard to find things to talk about.

7. My spouse and I never fight.

8. I don't like to burden my spouse with my personal troubles, so when I have problems at work or with other people I make sure that I keep them to myself.

9. I feel lucky that my spouse chose me, since he/she is more desirable than I am.

10. My spouse and I have no secrets from each other—we tell each other everything.

11. I don't like most of my spouse's friends, but because I love him/her, I force myself to go out with them socially.

12. When I see that my spouse is upset, I give him/her advice that I think helps him/her solve those problems.

13. Three activities that I like to do with my spouse are _____, _____ and _____.

14. I can't imagine what living with my spouse ten years from now would be like.

15. I need to protect my children from my spouse's unfair treatment of them.

16. It takes the romance out of our sexual relationship if I tell my partner what I like during lovemaking.

17. I feel a husband and wife should never spend a night away from each other if they can possibly help it.

18. Whenever we have a bad fight, I think that this could be the issue we could break up over.

19. Since it's embarrassing to admit to my partner when I've made a stupid mistake, I usually avoid talking about my errors.

20. I often have the feeling that my spouse's job or the children are more important to him/her than I am.

21. Our fights usually start over something small (like the eggs being overcooked or one of us being late), but then they have a tendency to escalate until our really deep angers with each other come out.

22. If my spouse knew my secret fears, he/she would think less of me, so I try to keep them to myself.

23. The three things that worry my partner the most are _____, _____ and _____. The three things that worry me the most are _____, _____ and _____.

24. I have never once questioned my wisdom in choosing my spouse.

25. I think sex is vastly overrated.

26. I know what my spouse is going to say about most topics so well that I could almost finish his/her sentences myself.

27. I don't like it when I have to go to a party without my spouse.

28. I would rather be with my spouse doing nothing than be involved in an interesting activity without him/her.

29. Because I think a little mystery keeps a relationship exciting, there are certain feelings and experiences I don't tell my spouse.

30. Our sexual relationship is so exciting that I have never fantasized about making love with anyone else.

31. Once the vows of fidelity have been broken, no matter what, the marriage is irreparably damaged.

32. My partner and I have worked out our own separate jobs in running our marriage, and it works out best when we each stay in our own sphere and away from each other's.

33. I don't like to hurt my partner's feelings, so I usually don't say anything when he/she does little things that annoy me.

34. I look forward to the next stage in our marriage — when we will have children, when the children are all in school, or when they are grown and out of the house.

35. We hardly ever fight, but when we do, it often takes us days to overcome the bitterness between us.

Freedom Curls

SIX PERMANENTS TO CURL YOUR HAIR FOR A NEW LOOK

Feeling free is the key. Where fashions have gone (looser, easier), hairstyles must foll
To keep the balance, a sense of proportion. Suddenly the way you've worn your hair for ye
looks too flat or too straight. Instant answer: fullness and froth. If you have naturally cu
hair, you're home free. If not, try one of the new permanents, as did the models on these pag
They show six examples of how today's permanents are gentle and in control—from a tu
bling cascade of waves to the tightest of curlicues. Permanented hair is easy to care for: j
shake things up and feel free. Special discounts on hairstyles are available to Journal reade
Details, page 110. By Maureen Lynch, Health and Beauty Editor.

Tousle-Head



Even ultra-straight hair can look naturally curly.

Before: *(inset):* *Her hair was a neat, tidy cap framing her face. Too small and sleek for today's freer look.*
After: *Even baby-fine, ultra-straight hair can look naturally curly and nonchalant. The permanent was done on larger rods to change the texture and increase the volume. The result: a tousled, open curl, trimmed to soften any hard edges. Good conditioning follows to plump up health and shine.*

Photographs by Jerry Abramowitz; makeup by Rick Caldwell.

Before: *Long h and a ruffle curls were a goo —but the loc too hard to ma Her very fi couldn't hold fo*
After: *The sol a terrific perm A mass of fu pretty ringlet stylist followed pattern in her l hair. The bea this permanent it can be wet- rollers and smo out or just and "combed" finge come-alive*

Hair concepts by Russell Ca Glemby Technical Program

Curlylocks



From fine hair that didn't hold a set—to a full head of easy curls.

Glamour Waves



From every-which-way to sexy and free.

Before: *There's always a control problem with hair that waves slightly, yet not significantly. It tends to look limp, uncared for.*
After: *The permanent here added strength and life to the existing wave pattern. On this shoulder-length hair (she didn't want even one inch cut), a "piggy back" technique was used (meaning 2 rods to wrap up each strand)—assuring even patterning from root to ends. Result: easy, flowing and very glamorous waves.*

The Ruffle



Notice how curls light up her eyes, soften her face.

Before: *"Something different but nothing drastic" was the request here. Her hair has good texture—although the flatish style crowded in her pretty features.*
After: *Enter movement! This permanent starts lower than the crown, zinging away from the face with gentle crimping. The technique was "spiral wrapping," separating hair into several large ponytails, then wrapping each with 5-6 curlers. See how her eyes —her face—open up.*

Free and Easy



w to into new ır, a ook.

Before: *The fringe bangs . . . the slightly turned-under Dutch Boy look—this was the style that had carried her comfortably through the last ten years.*
After: *Wake up! Out-of-the-60's, into today. Her naturally blond, pin-straight hair is permed into a halo of fluff. The crown and a few bangs were left untouched; the curl grows fuller toward the back. Her new-volume hair was conditioned for peak health. The look: casual and right-now.*

The Big Frill



Extra buoyancy brought her bones into sharp focus.

Before: *A narrow face looks even more exaggerated with a straight-down cut. Especially if the hair is lacking body.*
After: *Her hair is still one length, still center-parted, but has a look that speaks volumes. The permanent adds the extra buoyancy needed to angle out in waves. To keep in tip-top shape, conditioning is advised after each shampooing. She loves the instant lift—feels light, airy and terribly romantic.*

For more information on the special discount offer from the participating Glemby salons, turn to page 110.

Here's a collection of wastebaskets as gussied up as Victorian fashion-plates. Start with inexpensive metal containers (old or new). Measure off charming prints and slipcover by hand or machine—no sewing expertise needed. With the finishing touches of ruffles and bows, ribbons and shirring, even if they don't organize your life—at least they'll make it prettier. Instructions on page 106. By Nathan Mandelbaum, Director of Interior Design.

Photograph by George [illegible]

Dressed to Fil



ONE POUND



Clockwise: Rio Grande Pie, Mexican-inspired with cornmeal border. Middle-Eastern Squash, acorn boats carrying spiced beef, brown rice. "More" Casserole, hearty mix of noodles, celery soup, corn, peas and more. *Recipes on page 88.*

Photograph by Jerry Friedman

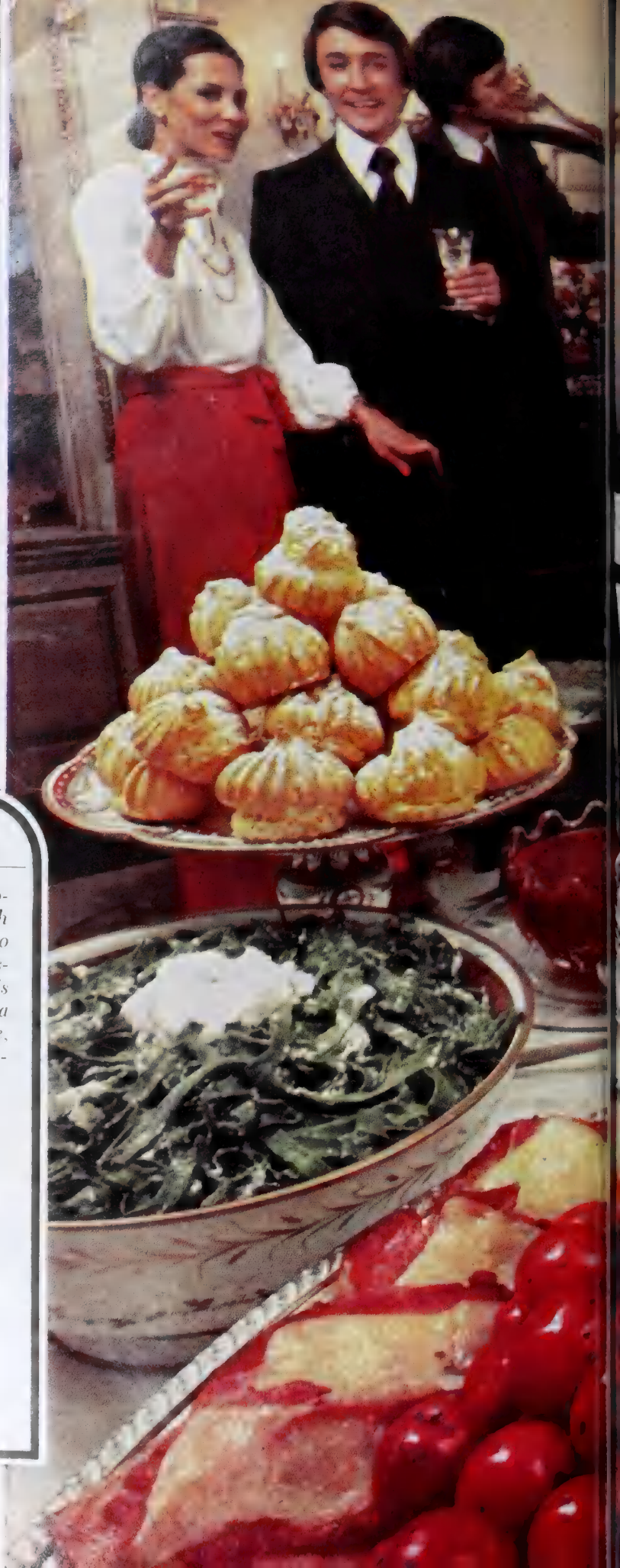
FEEDS EIGHT

Who would believe that one pound of ground beef can stretch to feed eight? We did it! Six great budget dishes—with a little help from such protein boosters as beans, cheese, peanuts, etc. Internationally flavored—perfect for family or casual company get-togethers. Another plus—these dishes can be frozen and popped directly into the oven.



THE ART OF DINING ITALIAN STYLE

To launch a new year of LHJ's party series, we salute a thriving American phenomenon: gourmet clubs—get-togethers of four or more couples to feast the night away, sharing an intense interest in the art of good food. Each twosome can take a full turn at playing three-star chef and host, or better yet (as we do here) the club members can share the menu planning and split the cooking (one course for each). This dinner was drawn from the regions of Italy, elegant and sumptuous without being heavy. Enjoy—*con gusto!* By Sue B. Huffman, Food Editor.



How America Entertains

Stars of this feast are the green noodles and the thinly pounded veal with prosciutto and fontina cheese, the two courses separated by a palate-cleansing lemon ice. True to the Journal's party philosophy, we've provided a timetable starting weeks in advance, leaving few last-minute tasks. Checklist, timetable, recipes, page 92.

GOURMET DINNER PARTY

Serves 8

ANTIPASTO
(MARINATED MUSHROOMS AND OLIVES, PEPPERS STUFFED WITH TUNA)
BREADSTICKS
GREEN NOODLES WITH RICOTTA
CORVO OR ORVIETO SECCO WINE
LEMON ICE
VEAL ALLA VINCENT
BRAISED CELERY
SAUTEED CHERRY TOMATOES
BRUNELLO OR BARDALINO WINE
GREEN SALAD WITH GORGONZOLA
AMARETTO CREAM PUFFS WITH RASPBERRY PUREE
ESPRESSO SAMBUCA LIQUEUR

Photograph by Alan Richardson





JANUARY SUNSHINE

Slice into a grapefruit and what do you see? A great mellow globe exploding with sunshiny vitamin C. Colors that deepen from off-white to blushing pink —and juicy sections ranging from tart to refreshingly sweet. Our eye-openers, clockwise from left: Grapefruit Alaska, dazzling dessert peaked with meringue. Open-Faced Brunchwich, grapefruit circles with corn muffins, bacon and cheese. Grapefruit Warmer, chill-chaser drink with honey, spices. Salty-Dog Pie, airy grapefruit and g in crunchy pretzel crus

Recipes on page 84.

Photograph by Michael O'Ne



JANUARY SUNSHINE

continued

THE GRAPEFRUIT

The U.S.A. produces 75 percent of the world's grapefruit crop with 90 percent of that grown in Florida and Texas. Arizona and California account for the remainder of our country's production.

More than half the annual crop is processed into juices and canned segments. However, the fruit is available fresh all-year-round. Florida and Texas keep the golden globes in the market from late fall to early spring, while the Arizona and California crops peak during summer. People tend to buy most grapefruit during the winter months of January, February and March.

We were fascinated to discover that one mature grapefruit tree may produce 1,300 to 1,500 pounds of fruit each year. Harvesting of fruit for the fresh market is usually done by hand, while those destined for processing may be harvested mechanically. Mother Nature kindly provides her own warehouse—grapefruit may be stored on the tree after it's mature if the weather is cool and dry.

The principal varieties are Duncan (large, pale yellow, thick-skinned, with seeds, available from October to May) and Marsh (seedless, small to medium-sized, November to June). There are, of course, the pinks and the ruby reds, the latter found predominantly in Texas. They range in size from small to medium.

Grapefruit is deservedly a dieter's delight—a medium-sized half averages about 65 calories. But its appeal is hardly limited to chubbies. A dependable source of vitamin C, grapefruit also provides vitamin A, potassium, folic acid and fiber.

What to look for when buying? Fruit that is firm and well-shaped. It should be fairly smooth and heavy for its size. Store in the vegetable crisper of your refrigerator or at room temperature if you keep your thermostat below 70°F.

There's a distinct preference for seedless grapefruit, but don't go into a swivet if you find a seed or two in the so-called seedless fruit you buy. It seems a "seedless" grapefruit is allowed up to 12 seeds —any more and it must drop the seedless claim.

BAKED GRAPEFRUIT ALASKA
pictured on page 82

A spectacular dessert—as good as it is pretty.

2 medium grapefruit
1 pint vanilla ice cream, slightly softened
¼ cup orange-flavored liqueur, chilled
4 egg whites
½ teaspoon cream of tartar
½ cup sugar

For grapefruit shells: Cut grapefruit in half, crosswise. Trim a very thin slice from ends of each grapefruit so they won't tip on the plate. With a grapefruit knife, cut around each section to loosen from membrane. Remove sections from shell and cut into bite-size pieces; d well on paper towels and refrige until ready to use. Scrape remai membrane from shells. Refrigerate s until ready to use.

In medium bowl, combine ice cr and liqueur until well mixed. Plac freezer for 2 to 3 hours, until mix is firm enough to scoop. Using ice cr scoop or large spoon, scoop ice cr mixture evenly into grapefruit sh Place on tray and freeze until very *(May be prepared in advance to point. Freeze up to 24 hours.)*

Preheat oven to 475°F.

For meringue: Beat egg whites in s mixer bowl until frothy; add crea tartar and continue beating at high s until soft peaks form. Gradually sugar, a tablespoon at a time, and tinue beating at high speed until peaks form. Place chilled grapefruit tions evenly over ice cream in sh Quickly spread meringue over gr fruit and ice cream—covering ice c completely. Place on cookie sheet bake for 2 to 4 minutes, or until lig browned. Serve immediately. Mak servings. About 350 calories each.

OPEN FACE BRUNCHWICH
pictured on page 83

Quick and easy. The kids will love for lunch on a winter day.

1 grapefruit
4 corn toaster cakes
1 package (6 oz.) sliced Monterey jac cheese, halved
4 tablespoons real bacon bits (or 4 sli bacon, cooked and crumbled)

With sharp knife, cut off peel an move white membrane from grape Cut crosswise into 6 equal slices. end slices for another use. Drain we paper towels.

Place corn cakes on cookie sheet. each with a half slice of cheese, grapefruit slice, then a second cl slice. Sprinkle 1 tablespoon bacon on crumbled bacon over each. Broil cheese melts, about 1 to 2 minutes. S immediately. Makes 4 servings. A 265 each.

HOT GRAPEFRUIT TODDY
pictured on page 83

A tummy-warmer for cold winter nings. Add ½ cup dark rum, if des

3 cups fresh grapefruit juice or 1 can (6 oz.) frozen grapefruit juice concentrate, reconstituted
¼ to ⅓ cup honey
2 cinnamon sticks
6 whole cloves

In medium saucepan, combine all i dients, stir well. Heat just to boilin duce heat and simmer for 20 min stirring occasionally. Remove cinn sticks and cloves. Pour into mugs, nish with additional cinnamon stick cloves if desired. Makes 4 serv About 150 calories each. *(conti*



Clockwise: Sweet 'n Sour Pork with Grapefruit, Sweet Potato Grapefruit Bake, Grapefruit Chicken Salad, Grapefruit Scallops and Grapefruit Chutney.

mpbell's Soups give you a way to make the leftovers as festive as the holiday.



Turkey again? Ham again? Never again will your family be bored with leftovers. Just wait till they taste these imaginative dishes using leftover ham or turkey and Campbell's Soup. With "leftovers" like these, your family may even like the day *after* as much as the holiday.

OLD-FASHIONED GOLDEN TURKEY PIE

2 cups cubed cooked turkey or chicken
1 tablespoon flour
1 cup sliced carrots
1 cup chopped onions
¼ cup sliced celery
½ teaspoon thyme leaves, crushed
⅛ teaspoon pepper
¼ cup butter or margarine
1 can Campbell's Golden Mushroom Soup
1 cup cooked cut green beans
Pastry for 2-crust pie
Milk



Toss turkey with flour. In saucepan, cook carrots, onions, and celery with thyme and pepper in butter until tender. Stir in soup, turkey mixture, and green beans. Pour into 9-inch pastry-lined pie pan. Roll out remaining pastry; cut into ½-inch wide strips. Crisscross strips over filling to form lattice top. Brush pastry with milk. Bake at 350°F. for 45 minutes or until crust is lightly browned. Makes about 4½ cups.

SOUTHERN-STYLE HAM 'N' VEGETABLES

4 servings sliced cooked ham
¼ teaspoon caraway seed
2 tablespoons butter or margarine
1 can Campbell's Cream of Chicken Soup
½ cup sour cream
¼ cup water
1 package (10 ounces) frozen Brussels sprouts, cooked and drained
1 can (about 17 ounces) sweet potatoes or yams, drained



In skillet, brown ham with caraway in butter. Remove to heated platter; keep warm. Stir soup, sour cream, and water into drippings; add Brussels sprouts and sweet potatoes. Heat; stir occasionally. Arrange vegetable mixture around ham on platter. Makes 4 servings.



You have a way with Campbell's

JANUARY SUNSHINE

continued

SALTY DOG PIE
pictured on page 83

Jan Hazard, our crafty assistant food editor, dreamed this one up. Grapefruit juice and gin flavor a creamy filling in a pretzel crust.

Crust
- 9 giant unsalted pretzels (about 4 to 5 oz.)
- 3 tablespoons sugar
- ½ cup unsalted butter or margarine, softened

Filling
- 2 cups fresh grapefruit sections (about 4 grapefruit)
- About 1 cup sugar
- 4 eggs, separated
- ½ cup grapefruit juice
- 2 teaspoons grated grapefruit peel
- 1 envelope unflavored gelatin
- ¼ teaspoon salt
- ⅓ cup gin
- 1 cup heavy or whipping cream

For crust: Preheat oven to 375°F. Break pretzels into blender container. Cover and blend until crushed. Measure to equal 1 cup. In medium bowl, combine pretzel crumbs and sugar. Stir in butter or margarine until well mixed. Press mixture onto bottom and sides of well buttered 9-inch pie plate. Bake for 8 to 10 minutes. Remove to wire rack to cool. *For filling:* Sprinkle grapefruit sections with 3 tablespoons sugar. Let stand. In heavy saucepan, beat egg yolks lightly. Stir in grapefruit juice and peel, gelatin, salt and ½ cup sugar. Place over *low* heat; stir constantly until gelatin and sugar are completely dissolved (use a rubber spatula to test if gelatin has dissolved). Stir in gin. Chill just until slightly thickened, about 30 minutes. (Do not allow to set.)

Meanwhile, reserve 6 grapefruit sections and drain on paper towel. Cut remaining sections into bite-size pieces; drain well. Beat egg whites just until soft peaks form. Whip heavy cream. Carefully fold cream and egg whites into gelatin mixture. Gently fold in drained, cut-up grapefruit. Spoon mixture into prepared pie shell. Refrigerate at least 1 hour until set. *(May be prepared ahead to this point. Cover with plastic wrap. Refrigerate up to 24 hours.)*

To serve, garnish with reserved grapefruit sections. Makes 8 servings about 480 calories each or 10 servings about 385 calories each.

GRAPEFRUIT CHUTNEY
pictured on page 84

Processing isn't necessary if you keep this chutney in the refrigerator. Makes a great gift.

- 1 package (16 oz.) light brown sugar (2¼ cups, packed)
- ½ cup cider vinegar
- 3 cups fresh grapefruit sections
- 1 large mango (2½ cups) peeled and diced
- ½ cup minced onions
- 1 cup seedless raisins
- ½ cup pignoli nuts (pine nuts)
- 2 tablespoons chopped crystallized ginger
- 2 garlic cloves, minced
- 1 teaspoon salt
- ¼ teaspoon bottled red pepper sauce

In large saucepan or Dutch oven, combine sugar and vinegar. Cook over low heat, stirring occasionally, until sugar dissolves. Add remaining ingredients to saucepan and heat to boiling. Reduce heat and simmer uncovered for 1 to 1½ hours, or until desired consistency, stirring occasionally. Pack hot chutney into 4 half-pint clean, hot jars. Seal tightly. Store in refrigerator.

To process: If extended storage without refrigeration is desired, the chutney should be processed. Pack the hot chutney into clean, hot jars to ½-inch of top of jar. (Follow manufacturers' directions for lids and screwbands.) Adjust jar lids. Process in boiling water for 5 minutes. (Begin timing once water starts to boil.) Remove jars and complete seals, if necessary. Set jars upright, several inches apart, on a wire rack to cool. Store at room temperature. Makes 4 cups. About 50 calories per tablespoon.

SWEET 'N SOUR PORK WITH GRAPEFRUIT
pictured on page 84

Sweet 'n sour pork is a favorite of ours, but we'd never tried it with grapefruit before. What a delight!

Sauce
- ¾ cup grapefruit juice
- ½ cup catsup
- ¼ cup cider vinegar
- ¼ cup sugar
- 2 tablespoons cornstarch

Marinade
- 1 tablespoon dry sherry
- ¾ teaspoon salt
- ¼ teaspoon pepper

- 1 egg, beaten
- 2 tablespoons cornstarch
- 1 pound boneless lean pork shoulder, cut into 1-inch cubes
- ½ cup salad oil
- 1 large green pepper, cut into chunks
- 1 large onion, cut into ½-inch wedges
- 2 cups fresh grapefruit sections, drained

In small bowl, combine ingredients for sauce; set aside. In medium bowl combine sherry, salt and pepper for marinade. Add meat and toss until well coated.

In small bowl, mix egg and 2 tablespoons cornstarch, dip pork cubes into it. In 12-inch skillet, heat oil until hot, but not smoking. Add pork and fry until it loses its pink color. Reduce heat to medium, cover and cook for 20 minutes or until cooked thoroughly. Remove pork from oil with a slotted spoon. Pour off all but 2 tablespoons oil in pan; heat oil. Add vegetables and sauté for about 2 minutes, stirring quickly and frequently. Increase heat to high; add sauce mixture and stir constantly until mixture beg to thicken. Return pork to skillet. Ge stir in drained grapefruit pieces to mixture. Heat through. Serve imme ately. Makes 4 servings. About 590 c ries each.

GRAPEFRUIT CHICKEN SALAD
pictured on page 84

Dill flavors this yogurt-based dressi Flavors penetrate better if chicken still warm.

- 1 broiler-fryer chicken (2 to 2½ lbs.), quartered (or 2 cups cooked chicken
- 2 teaspoons salt
- 3 medium grapefruit, chilled
- ½ cup yogurt
- ¼ cup mayonnaise
- ⅛ to ¼ teaspoon dill weed
- ½ cup chopped celery
- 4 to 5 tablespoons chopped green onio
- ¼ cup ripe olives

In medium saucepan, place chicken teaspoon salt and enough water to co Heat to boiling. Cover, reduce heat simmer until tender, about 40 minu Remove chicken from saucepan cool slightly. When cool enough handle, cut chicken into bite-size pie Discard skin and bones.

Meanwhile, cut grapefruit in crosswise; cut around each section loosen from membrane. Remove secti from shell and cut into bite-size pie drain well. Scrape remaining membr from shells. Refrigerate shells u ready to use.

In medium bowl, combine yog mayonnaise, 1 teaspoon salt and weed; stir well. Add grapefruit, chic and remaining ingredients; toss ligh Spoon about ¾ cup chicken mixture each grapefruit shell. Cover and c until ready to serve. Makes 6 servi about 230 calories each. *(contin*

KNOWN

By Marzi Kaplan

I tasted love
that lingered on the lip,
a dew at dawn;

I held a love
of fathoms on which fullness
sailed, a swan;

I soared with love
that flung me out beyond
the farthest orb;

yet, the love I know
that moves me to my pith,
my pulse, my core

is the only one
to burrow in the marrow
of my bone.

The others were not known;
the others were not known.

obody makes a cake like Jell-O® BRAND Pudding, Blue Diamond® Almonds and you.



lvet Almond Fudge Cake

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re yourself! This Velvet Almond Fudge Cake just might be the ultimate chocolate fudge cake. Every slice bursts with fudgy e flavor. Every bite crunches with tasty almonds. What's more, the recipe is simple. Start with your regular chocolate fudge . Make it a more moist, chocolatey pudding cake using Jell-O® Brand Chocolate Fudge Flavor Pudding and chocolate nd you make it even more delectable with the crunch of Blue Diamond® Blanched Slivered Almonds through and through.

et Almond Fudge Cake

BLUE DIAMOND® Blanched ed Almonds
e (12 oz.) chocolate chips
e (2-layer size) chocolate fudge colate cake mix
e (4-serving size) JELL-O® late Fudge or Chocolate Flavor t Pudding and Pie Filling
cup (½ pt.) sour cream
ter • ¼ cup oil • ½ teaspoon anilla and almond extracts
almonds and toast at 350° for 3 utes; then sprinkle ½ cup on bottom of well-greased 10-inch tube pan. Set aside remaining almonds and chocolate chips. Measure remaining ingredients into mixer bowl. Blend: then beat at medium speed 4 minutes. Stir in chips and almonds. Pour into pan; bake at 350° for 70 minutes, or until cake begins to pull away from sides of pan. Do not underbake. Cool in pan 15 minutes. Remove and finish cooling on rack. Garnish with whipped topping.

In high altitude areas, use large eggs; add ⅓ cup all-purpose flour; increase water to 1½ cups, decrease sour cream to ⅓ cup and oil to 1 tablespoon; beat 2 minutes and bake at 375° for 45 to 50 minutes.



with Jell-O® Pudding and Blue Diamond® Almonds.

JANUARY SUNSHINE

continued

GRAPEFRUIT SCALLOPS
pictured on page 84

Divine for the first course of a dinner party, perfect for a luncheon entrée.

1 pound fresh or frozen scallops (if sea scallops, cut into quarters)
½ cup olive oil
¼ cup grapefruit juice
¼ cup minced parsley
1½ teaspoons salt
1 teaspoon chervil
¼ teaspoon pepper
1 garlic clove, crushed
2 cups fresh grapefruit sections, cut into bite-size pieces and drained
⅓ cup plus 2 tablespoons dried bread crumbs
1 teaspoon paprika

Thaw scallops, if frozen, by rinsing under cold, running water. In medium bowl combine oil, grapefruit juice, parsley, salt, chervil, pepper and garlic; mix well. Add scallops, toss until well coated; refrigerate for at least 1 hour. Drain scallops; reserve oil mixture. Toss scallops, in plastic bag, with ⅓ cup bread crumbs. Add grapefruit pieces and mix well. Divide mixture into 6 scallop shells or individual ramekins.

Preheat oven to broil. Mix remaining 2 tablespoons bread crumbs with paprika. Sprinkle evenly on each ramekin, then spoon 1 tablespoon reserved oil mixture over each. Broil for about 10 to 12 minutes. Serve immediately. Makes 6 servings. About 280 calories each.

SWEET POTATO-GRAPEFRUIT BAKE
pictured on page 84

Who said pineapple had a corner on the sweet potato market? Try this for a change.

2 pounds sweet potatoes
½ cup light brown sugar
¼ cup butter or margarine, melted
½ teaspoon cinnamon
½ teaspoon salt
2 cups fresh grapefruit sections, drained (reserve 8 pieces, cut remaining into bite-size pieces)
Topping
2 tablespoons light brown sugar
1 tablespoon butter or margarine, melted

Peel and cube potatoes. Place in a 2-quart saucepan. Add just enough water to cover. Heat to boiling, cook for 20 minutes or until potatoes are fork-tender. Meanwhile, preheat oven to 350°F. Drain and mash potatoes. Add brown sugar, butter or margarine, cinnamon and salt; mix well. Gently fold in grapefruit pieces. Spoon mixture into 1-quart casserole. Sprinkle with 2 tablespoons brown sugar and melted butter or margarine. Bake for 30 minutes or until hot. Makes 8 servings. About 250 calories per serving. End

ONE POUND FEEDS EIGHT

continued from page 79

RIO GRANDE PIE
pictured on page 79

Soybeans add flavor, crunch and good old protein. This is truly delicious—especially if you're into Mexican-type food.

1 cup dried soybeans
Salt
1 pound ground beef
1 cup chopped onions
2 garlic cloves, crushed
2½ tablespoons chili powder
1½ teaspoons cumin
2 cans (8 oz.) tomato sauce
2¾ cups water
¾ cup yellow cornmeal
2 eggs, beaten
2 cups shredded Monterey jack cheese (8 oz.)

To cook soybeans: In medium saucepan, heat 6 cups water to boiling. Rinse beans thoroughly; add to boiling water and boil 2 minutes. Remove from heat, cover and let stand for 1 hour. Return to heat and simmer covered for 1 hour, stirring occasionally. Stir in 1 teaspoon salt. Simmer until tender-crisp, about 2½ hours more. Drain if necessary.

Preheat oven to 350°F. In large skillet cook ground beef, onions and garlic until meat is browned and onions are tender. Spoon off drippings. Add soybeans, chili powder, cumin, tomato sauce and 1½ teaspoons salt. Simmer 3 minutes to blend flavors.

Meanwhile, in medium saucepan, heat 2¼ cups water and 1 teaspoon salt to boiling. In small bowl mix cornmeal and ½ cup cold water. Slowly add cornmeal mixture to the boiling water, stirring constantly. Cover and cook over low heat 5 minutes. Remove from heat. Beat in eggs with wire whisk. Return to medium and cook, stirring constantly, for 1 ute. Stir in cheese until melted. S half the cornmeal mixture into 2- casserole or flat baking dish and s evenly. Cover with meat mixture. l ly spread remaining cornmeal m around edge of casserole. *(May b pared in advance to this point and f —see below.)* Bake 30 minutes. Ma servings. About 420 calories each.

To freeze: Place in a 2-quart freez oven baking dish. Cover with foi freeze up to 1 month. Place froze 350°F. oven and bake covered for 1½ hours until hot and bubbly.



MIDDLE EASTERN SQUASH
pictured on page 79

Acorn squash is surprisingly high i tein—teamed with brown rice, r Swiss cheese and ground beef for and nutrition.

4 large acorn squash (about 1½ lb. e
1 pound ground beef
1 cup chopped onion
1 can (8 oz.) tomato sauce
1½ teaspoons sugar
1½ teaspoons salt
½ teaspoon cinnamon
⅛ teaspoon pepper
½ cup water
½ cup seedless raisins
1½ cups cooked brown rice (½ cup
1 cup shredded Swiss cheese (4 oz.)

Preheat oven to 375°F. Cut each s in half lengthwise. With *(conti*



Clockwise: Zanzibar Casserole, Greek Macaroni-Beef Bake, Three Bean Casserole.



Finally, ancakes that stack up to Log Cabin® Syrup.

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And the perfect way to top them off? Your favorite flavor of hearty Log Cabin Syrup, of course. So don't wait anymore. Build yourself a stack today.

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ONE POUND FEEDS EIGHT

continued

spoon, scoop out seeds and discard. Place squash halves, cut-side down, into greased shallow roasting pan. Bake 45 minutes.

Meanwhile, in large skillet over medium-high heat, cook ground beef and onion, stirring occasionally, until meat is browned and onion is tender. Remove skillet from heat; spoon off drippings; discard. Stir next 7 ingredients into skillet. Simmer 5 minutes, stirring occasionally. Remove from heat; stir in rice and cheese. Set aside until squash is cooked. Remove squash from oven. With pancake turner, carefully turn squash, cut sides up. Sprinkle with salt and pepper. Fill cavities with meat mixture. *(May be prepared in advance to this point and frozen—see below.)* Bake 30 to 45 minutes or until squash is tender and meat is heated through. Makes 8 servings. About 420 calories each.

To freeze: Wrap individually in foil and freeze up to 1 month. Place frozen, on a cookie sheet, into 350°F. oven and bake for 1½ hours, tearing open foil for last 10 minutes.

"MORE" CASSEROLE
pictured on page 78

The budget dish our food editor used to serve to guests in her just-out-of-college days in Kansas City.

1 pound ground beef
1 cup chopped onions
1 package (8 oz.) egg noodles, cooked
1 package (10 oz.) frozen peas, thawed
1 can (12 oz.) whole-kernel corn, drained
1 can (8 oz.) mushroom pieces, drained
1 can (8½ oz.) water chestnuts, drained and diced (optional)
1 can (10¾ oz.) condensed cream of celery soup, undiluted
1¼ cups milk
1 tablespoon chili powder
1 tablespoon Worcestershire sauce
2 teaspoons salt
¼ teaspoon pepper
¼ teaspoon garlic powder
1 pound (4 cups) sharp Cheddar cheese, shredded

Preheat oven to 350°F. In large skillet over medium heat, cook ground beef and onions until meat is browned and onions are tender. Spoon off drippings; discard. Spoon into 4 quart casserole. Add next 5 ingredients and toss well. Set aside.

In medium saucepan, heat soup and remaining ingredients, except cheese, until bubbly, stirring occasionally. Stir in 3 cups cheese and heat (reserve 1 cup for top), stirring with wire whisk until cheese is melted. Pour over meat-vegetable mixture and stir until well mixed. *(May be prepared in advance to this point and frozen.)* Cover with foil and bake about 40 minutes or until bubbly. Remove foil and sprinkle with rem ing cheese. Continue cooking 5 n minutes or until cheese melts. Mak servings. About 590 calories each.

To freeze: Stir in *all* cheese; spoon two 12x8-inch freezer-to-oven dis Cover with foil and freeze up t month. To serve, place frozen in 35 oven and bake, covered, for 1 hour 30 minutes until hot and bubbly.

ZANZIBAR CASSEROLE
pictured on page 88

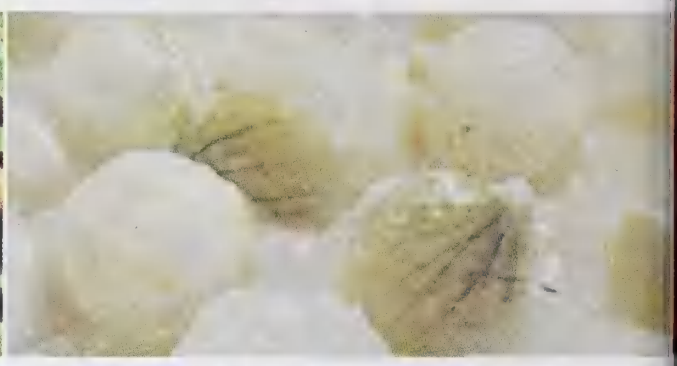
Peanut butter and bananas in a ca role! African-influenced and worth a

1 pound ground beef
2 bunches green onions, chopped (2 cups)
2 garlic cloves, crushed
1 can (10¾ oz.) condensed chicken broth, undiluted
3 cups milk
¾ cup chunk-style peanut butter
1 tablespoon catsup
1 teaspoon salt
½ teaspoon ground cloves
¼ teaspoon bottled red pepper sauce
4 ripe bananas
2 cups uncooked quick 5-minute rice 1⅓ cups precooked 1-minute rice, uncooked

Preheat oven to 350°F. In medium let over medium-high heat, cook gro beef, 1¾ cups green onions and ga stirring frequently until meat is brow and green onions tender. (Reserve maining ¼ cup green onions for garni



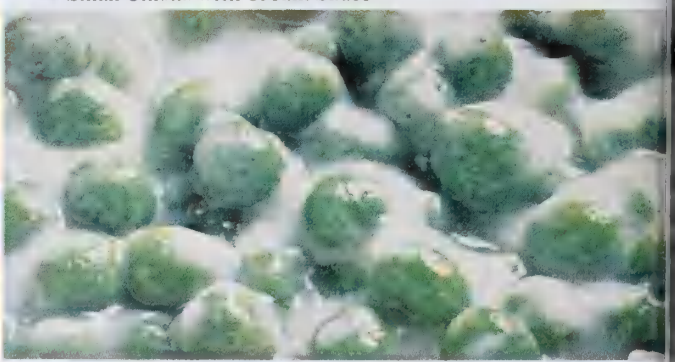
▲ French Green Beans with Toasted Almonds



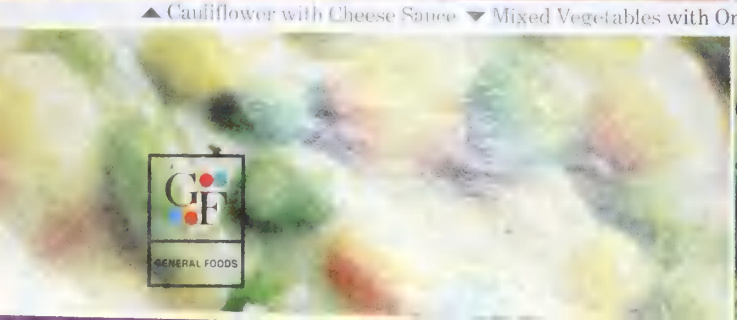
▲ Small Onions with Cream Sauce

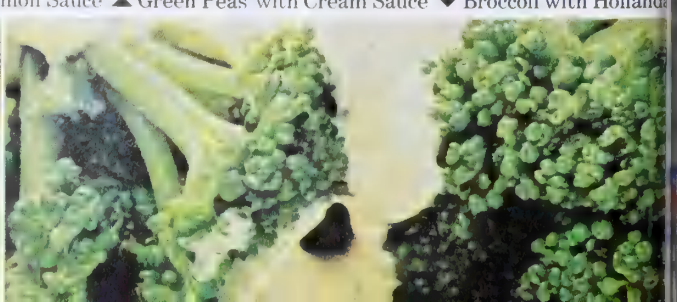


▲ Cauliflower with Cheese Sauce ▼ Mixed Vegetables with Onion Sauce



▲ Green Peas with Cream Sauce ▼ Broccoli with Hollandi





nove from heat; spoon off drippings discard. Add next 7 ingredients to let. Heat to boiling; reduce heat, mer 5 minutes.

Meanwhile, cut bananas in half gthwise, then into 2-inch chunks. e half the bananas in a 13x9-inch s baking dish. Stir rice into meat ture and spoon over bananas. Add re- ning bananas. Cover with foil. Bake minutes. Remove foil and stir. Re- r and bake 15 more minutes. Sprin- with reserved green onions. Makes 8 ings. About 425 calories each. (We not recommend freezing this dish.)

THREE BEAN CASSEROLE
pictured on page 88

ook the all-time favorite, three-bean l, and made it into a casserole. Vine- adds just the right amount of zing.

ces bacon
o chopped onion
und ground beef
spoon salt
aspoon pepper
kage (9 oz.) frozen cut green ans, partially cooked and drained
(16 oz.) kidney beans, drained ½ cups)
(20 oz.) garbanzo beans, drained cups)
lespoons butter or margarine
p flour
s milk
aspoon thyme, crushed
f bouillon cubes, crumbled
p cider vinegar

Preheat oven to 350°F. In large skillet cook bacon until crisp; drain on paper towels. Crumble and set aside. Add onion and ground beef to drippings. Cook over medium-high heat until meat is browned and onions are tender. Remove from heat. Spoon off drippings; stir salt and pepper into meat mixture.

In 12x8-inch baking dish, mix green beans, kidney beans, garbanzos and bacon; set aside. In small saucepan melt butter or margarine. Stir in flour until smooth. Gradually stir in milk, thyme and crumbled bouillon cubes, stirring constantly over medium heat until slightly thickened, about 5 minutes. Stir in vinegar; remove from heat. Pour half the sauce over beans and toss. Stir remaining sauce into ground beef mixture. Spoon ground beef mixture on top of beans, around the edge of casserole. Cover with foil. *(May be prepared in advance to this point and frozen.)* Bake, covered, for 25 minutes. Remove foil and bake about 20 minutes more or until hot and bubbly. Makes 8 servings. About 345 calories each.

To freeze: Place in a freezer-to-oven 12x8-inch baking dish. Cover and freeze up to one month. Place frozen in a 350°F. oven for 2 hours; uncover during last 30 minutes.

GREEK MACARONI-BEEF BAKE
pictured on page 88

A version of the classic "Pastitsio," we've used all Parmesan cheese instead of a combination of feta and Parmesan cheeses.

Filling
- 1 pound ground beef
- ½ cup chopped onion
- 1 garlic clove, crushed
- 1 can (8 oz.) tomato sauce
- 1 teaspoon salt
- 1 teaspoon nutmeg
- ⅛ teaspoon pepper
- 1 package (8 oz.) elbow macaroni
- 6 tablespoons butter or margarine, melted
- ¼ cup bread crumbs
- 1 cup (4 oz.) grated Parmesan cheese

Cream Sauce
- ¼ cup butter or margarine
- ⅓ cup unsifted all-purpose flour
- 1 teaspoon salt
- 2 cups milk
- 3 egg yolks, lightly beaten
- 1 cup (4 oz.) grated Parmesan cheese

For filling: In large skillet, cook ground beef, onion and garlic until meat is browned and onions are tender. Spoon off drippings; discard. Add next 4 ingredients to skillet. Simmer uncovered until most of liquid is absorbed or evaporated, about 5 minutes; set aside.

Meanwhile, cook macaroni according to package directions; drain well. Toss macaroni with 4 tablespoons (¼ cup) melted butter or margarine; set aside. Pour remaining 2 tablespoons melted butter or margarine into 12x8-inch glass baking dish. Sprinkle on bread crumbs and ½ cup cheese. Spread *(continued)*



ith Brown Sugar Glaze



▲ Green Peas and Pearl Onions

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ONE POUND FEEDS EIGHT

continued

half the macaroni over cheese. Spoon on meat mixture. Top with remaining macaroni. Sprinkle with remaining ½ cup cheese. Preheat oven to 350°F.

For sauce: In medium saucepan, melt butter or margarine over low heat; stir in flour and salt until smooth. Gradually stir in milk and cook over medium heat, stirring constantly, until thick and smooth. Gradually stir about ⅓ of the hot sauce into egg yolks, then pour egg mixture all at once into hot sauce, stirring constantly to keep from lumping. Cook about 1 minute until thickened. Remove from heat; stir in 1 cup Parmesan cheese. Pour sauce over top of casserole and smooth with spoon. *(May be prepared in advance to this point and frozen.)* Bake 20 minutes or until hot and bubbly. Makes 8 servings. About 580 calories each.

To freeze: Place in a freezer-to-oven baking dish. Wrap with foil and freeze up to 1 month. To serve, place frozen in 350°F. oven for 1½ hours. Uncover during last 20 minutes of baking time. **End**

THE ART OF DINING ITALIAN-STYLE

continued from page 80

Adventures in Eating

The concept is nothing new; the culinary adventure is. Call them what you will—gourmet, supper or dinner clubs—the idea's the same. A group of people (usually 8 to 12) who enjoy good food, good wine and each other get together to share their common interests.

Adventure is the key. Time was when a dinner party consisted of tried-and-true recipes to insure success. Today, gourmet clubs across the country are roasting whole pigs for authentic luaus, sampling the proliferation of dishes that make up an Indonesian rijsttafel, cooking up a mess of collard greens as part of a soul food experience. Paella pans and woks are taking their place in the kitchen right alongside the double boilers and 10-inch skillets.

Some groups prefer, as we have done in our classic Italian dinner, to jointly plan the menu and parcel out the courses. We like this plan because each course can be more of a production when everybody contributes his or her time, talents and money toward the end result. On the other hand, if the host couple prefers to knock themselves out once or twice a year and relax at the remaining parties, that's fine, too.

We do think, however, that the hosts should be responsible for purchasing the wines, liquor and cordials for the meal, although the cost can certainly be shared by everybody.

Here we've tried to keep last-minute preparation to a minimum; but with this kind of menu, a certain amount is unavoidable. Why not consider hiring one or two teenagers to do the serving and clearing up? A sit-down meal is more relaxing when people aren't hopping up and down all the time. Otherwise, let the person who brings each course be responsible for serving it.

In this menu we planned the first course—marinated mushrooms and olives and the tuna-stuffed peppers—to be served in the living room with cocktails or aperitifs, so don't forget small plates, napkins and forks. You may, of course, opt for serving this at the table prior to the pasta course.

Here then is our menu, shopping list, schedule and recipes. *Buono appetito!*

GOURMET DINNER PARTY
Serves 8

Appetizer Course
ANTIPASTO
(MARINATED MUSHROOMS AND OLIVES; PEPPERS STUFFED WITH TUNA)
BREAD STICKS

Pasta Course
GREEN NOODLES WITH RICOTTA
CORVO OR ORVIETO SECCO WINE

Interlude
LEMON ICE

Main Course
VEAL ALLA VINCENT
BRAISED CELERY
SAUTÉED CHERRY TOMATOES
BRUNELLO OR BARDALINO WINE

Salad Course
GREEN SALAD WITH GORGONZOLA

Dessert
AMARETTO CREAM PUFFS WITH RASPBERRY PURÉE
ESPRESSO SAMBUCA LIQUEUR

FOOD CHECKLIST

First Cook (Peppers Stuffed with Tuna, Marinated Mushrooms and Olives, Breadsticks and Lemon Ice)

- 2 cans (6½ or 7 oz. each) tuna in oil
- 1 can (6 oz.) pitted ripe giant olives
- 1 cup olive oil
- ⅔ cup white wine vinegar
- ¾ cup dry white wine
- 1 can flat anchovy fillets
- 4 green peppers (about 2 lbs.)
- ⅓ cup orange juice
- 4 lemons
- ¾ pound fresh, small mushrooms
- 1 bunch green onions
- Breadsticks
- Pimiento for garnish

Staples to have on hand
- Sugar
- Oregano
- 3 slices white bread
- 5 garlic cloves
- Crushed red pepper flakes
- Salt
- Pepper

Second Cook (Green Noodles with Ricotta and Green Salad with Gorgonzola Cheese)

- 1 package (10 oz.) frozen chopped spinach
- 1 container (15 oz.) skim milk ricotta cheese
- [illegible] freshly grated [illegible] cheese
- ½ pound Gorgonzola cheese
- ¼ cup olive oil
- 1 large head romaine lettuce
- 1 jar (3 oz.) pine nuts

Staples to have on hand
- 2 eggs
- Butter
- 3 cups all-purpose flour
- Red wine vinegar
- 1 garlic clove
- Freshly ground pepper
- Salad oil
- Salt
- Sugar

Third Cook (Hostess) (Veal alla Vi Sautéed Cherry Tomatoes, Espresso, V Sambuca Liqueur)

- 16 slices veal cutlets (about 2 lbs.) cut about ¼-inch thick
- 16 slices (about ½ lb.) proscuitto
- 8 slices (about ½ lb.) fontina cheese (if unavailable use Swiss)
- 1¼ cups chicken broth
- ¾ cup dry Marsala wine
- Parsley
- 2 pints cherry tomatoes
- Coffee for espr
- 1 lemon
- 2 bottles Corvo Orvieto Seco wine
- 2 bottles Brun or Bardalino
- 1 bottle Sambu liqueur
- Whole fresh c beans (optio

Staples to have on hand
- Butter
- All-purpose flour
- Olive oil
- Basil
- Bay leaves
- Salt
- Freshly groun pepper

Fourth Cook (Braised Celery, Am Cream Puffs with Raspberry Purée)

- 2 packages (10 oz. each) frozen red raspberries in syrup
- 2 cups chicken broth
- 4 stalks (some called bunc celery or 4 c hearts
- 1 cup (½ pint) whipping cr
- Amaretto liqu

Staples to have on hand
- 1 carrot
- Bay leaf
- All-purpose flour
- Butter
- Sugar
- 2 eggs
- Onion
- Cornstarch
- Sugar
- Freshly groun pepper
- Salt
- Confectioners' sugar

SCHEDULE FOR ITALIAN GOURMET PARTY FOR 8

ALL COOKS

One Month Before:
1. Plan menu.
2. Assign food preparation.

One Week Before:
1. Purchase non-perishable ingred
2. Select serving dishes.

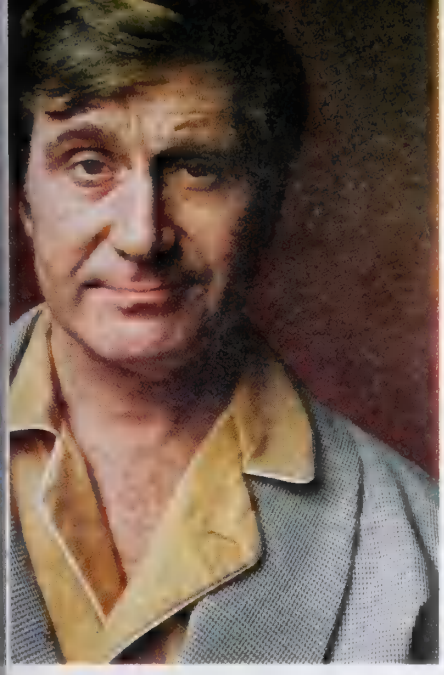
FIRST COOK

Up to Two Weeks Ahead:
1. Purchase ingredients for Lemo
2. Prepare and freeze Lemon Ic not scoop.

One Day Before:
1. Purchase perishable ingredient
2. Prepare Tuna-Stuffed Pepper not slice. Cover, refrigerate.
3. Prepare Marinated Olives and nated Mushrooms. Cover.

Afternoon of Party:
1. Slice Tuna-Stuffed Peppers. Ar on platter and garnish with olives. with plastic wrap.
2. Place mushrooms in bowl; cove plastic wrap.
3. Arrange breadsticks in basket or
4. Scoop lemon ice into balls; ar on tray and return to freezer. Leav covered.

(conti



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THE ART OF DINING ITALIAN-STYLE

continued

SECOND COOK
Up to Two Weeks Ahead:
1. Purchase ingredients for Green Noodles.
2. Prepare Green Noodles. Dry completely and store at room temperature in lightly covered container.
One Day Before:
1. Purchase perishable ingredients.
2. Make Ricotta Sauce. Refrigerate.
Afternoon of Party:
1. Wash and dry salad greens. Place in plastic bags, refrigerate.
2. Prepare salad dressing.
Before Leaving for Party:
1. Place salad greens in salad bowl; cover with damp paper towels.
2. Remove garlic from dressing.
3. Cut Gorgonzola into 8 wedges; wrap.
4. Remove Ricotta Sauce from refrigerator; let stand at room temperature.
THIRD COOK (HOSTESS)
One Week Before:
1. Order veal and proscuitto from butcher if not readily available.
2. Purchase wine, liquor and liqueur.
3. Start making ice cubes.
One Day Before:
1. Purchase all perishable ingredients.
2. Set table.
3. Chill white wine.
Afternoon of Party:
1. Set up bar. Set out napkins, glasses.
2. Flatten veal with proscuitto. Wrap with waxed paper between slices; refrigerate.
One Hour Before Guests Arrive:
1. Sauté veal. Cool; top with cheese. Cover with waxed paper. Make sauce, leave in skillet. Leave both meat and sauce at room temperature.
2. Sauté cherry tomatoes. Leave in skillet.
FOURTH COOK
Up to Two Weeks in Advance:
1. Purchase ingredients for cream puffs.
2. Bake cream puffs; cool, fill and freeze.
One Day Before:
1. Purchase perishable ingredients.
2. Make Raspberry Sauce. Refrigerate, covered with plastic wrap.
Afternoon of Party:
Prepare celery. Bake; cover and leave at room temperature.
At Party—When Guests (and cooks) Arrive:
FIRST COOK
1. Place lemon ice in champagne glasses; return to freezer.
2. Set out appetizers and breadsticks.
SECOND COOK
1. Heat water to boiling for noodles. Reduce heat; cover pot.
2. Refrigerate salad greens.
FOURTH COOK
1. Place celery, covered, in 250°F. oven to reheat for 1 hour.
2. Place cream puffs on serving plate; refrigerate puffs and raspberry sauce.
After Appetizers and Cocktails:
SECOND COOK
1. Cook noodles. Drain, toss with sauce. Serve immediately.
2. Serve wine for pasta course.
After Pasta Course:
FIRST COOK
Serve Lemon Ice.
After Lemon Ice:
THIRD COOK
1. Remove celery from oven.
2. Reheat cherry tomatoes and sauce.
3. Heat broiler.
4. Place veal in broiler until cheese melts.
5. Place all above on serving platters; serve.
6. Pour wine for main course.
After Main Course:
SECOND COOK
Toss salad with dressing. Serve with cheese.
After Salad Course
FOURTH COOK
1. Prepare Espresso.
2. Serve cream puffs and raspberry sauce.
3. Serve Espresso with Sambuca.

All pictured on pages 80–81

MARINATED MUSHROOMS AND OLIVES

A marinated duo that goes well with cocktails or aperitifs.

Marinade
½ cup olive oil
½ cup white wine vinegar
2 garlic cloves, crushed
1 teaspoon oregano
1 teaspoon salt
½ teaspoon crushed red pepper flakes
Marinated Mushrooms
¾ pound fresh small mushrooms
3 cups water
Marinated Olives
6 green onions, cut into 2-inch pieces
1 can (about 6 oz.) pitted ripe giant olives

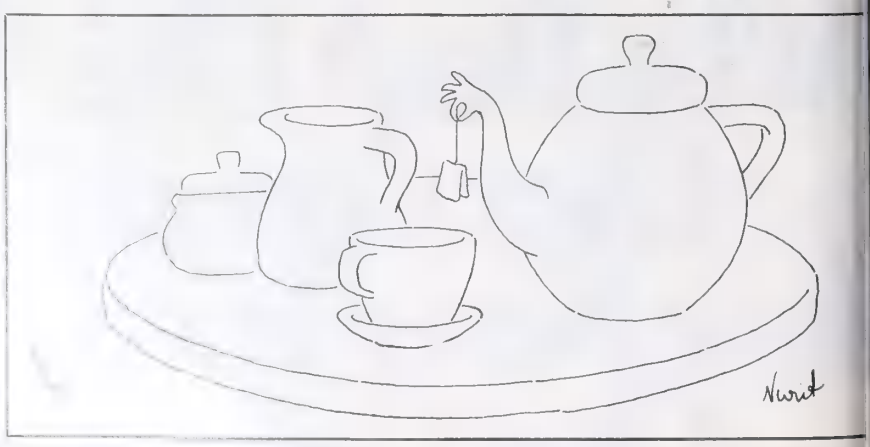
In a jar with tight fitting lid, combine all ingredients for marinade. Shake well; set aside.
For Marinated Mushrooms: Wash and drain mushrooms. Cut off bottom of stems, leaving about ½ inch. In a 2-quart saucepan, heat water to boiling. Add mushrooms; reduce heat and simmer 5 minutes. Drain and cool mushr place in a bowl. Pour half the ma over mushrooms (reserve rem marinade for olives). Toss unti coated. *(May be prepared in adva this point. Cover and refrigerate u week, stirring occasionally.)*
To serve, drain mushrooms we spoon into serving bowl. About 7 c per mushroom.
For Marinated Olives: Cut 4 lengt slashes in each end of green onion to form "brushes." Cut small pie both ends of each olive and thread onion through center. Place pre olives in bowl or plastic container on remaining marinade; toss to coa *(May be prepared in advance t point. Cover and marinate up hours, stirring occasionally.)* To remove olives with a slotted spoon. well. About 10 calories per olive.

PEPPERS STUFFED WITH TUN

As attractive as it is delicious—pu with anchovies and garlic.

4 green peppers (about 2 lbs.)
2 quarts water
Basting Sauce
¾ cup dry white wine
¼ cup olive oil
1 teaspoon wine vinegar
½ teaspoon salt
2 cans (6½ or 7 oz. each) tuna in oil
1½ cups fresh bread crumbs (3 slice bread)
¼ cup olive oil
3 flat anchovy fillets, mashed
3 garlic cloves, crushed
1 teaspoon salt
⅛ teaspoon pepper
Red pimiento for garnish

At least 1 day before serving: Cut ½ off stem end of each green pepper move seeds and membranes; disca large saucepot, heat water to bo Add peppers and cook 5 minutes move and invert onto paper towe drain. Cool.
In 8-inch square baking dish, com 4 basting sauce ingredients and mix Preheat oven to 350°F. Drain tun serving ¼ cup oil. In medium bowl, tuna with a fork. Stir in bread cru In small bowl, combine reserved oil, olive oil, anchovy fillets, garlic and pepper. Add to tuna and stir w combine. Stuff each pepper *(contin*



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Chocolate Mint Macaroon Cake
Cranberry-Orange
Pound Cake
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†Registered T.M. of Northland Aluminum Products, Inc., Minneapolis, M

Eggnog Pound Cake

ckage PILLSBURY NDT® POUND KE SUPREME MIX p plus 2 blespoons WATER p plus 1 blespoon RUM p LIGHT CREAM
3 EGGS
¼ cup BUTTER or MARGARINE, softened
½ teaspoon NUTMEG
¼ cup SUGAR
¼ cup BUTTER or MARGARINE

T oven to 325°F. Grease and flour up Bundt† pan.
ND Packets 1 and 2, ⅔ cup water, up rum and next 4 ingredients until stened. Beat 2 minutes at medium ed (portable mixer use highest d). Pour into prepared pan.
E at 325°F. for 45 to 55 minutes or l toothpick inserted in center comes clean.**
MBINE Topping packet with sugar in ll saucepan; add 2 tablespoons er and ¼ cup butter. Stir over medium t until mixture comes to a boil. Re- e from heat, add remaining rum. ediately after cake is removed from n, pour half of sauce mixture around e of cake in pan. Cool 10 minutes; rt onto serving plate and brush or on remaining sauce on cake. Store tightly covered.

anberry-Orange Pound Cake

ackage PILLSBURY NDT® POUND AKE SUPREME MIX GS up WATER up ORANGE JUICE up BUTTER or ARGARINE, softened
2 tablespoons ORANGE PEEL
14-oz. jar CRANBERRY-ORANGE RELISH
2 tablespoons SUGAR
3 tablespoons BUTTER or MARGARINE

T oven to 325°F. Grease and flour up Bundt† pan.
ND Packets 1 and 2 and next 5 ingre- nts until moistened. Beat 2 minutes medium speed (portable mixer use hest speed).
D in ⅓ cup cranberry-orange relish. serve remainder for sauce.) Pour into pared pan.
E at 325°F. for 50 to 60 minutes or l toothpick inserted in center comes clean.**
OL until lukewarm; invert onto serv- plate. Sprinkle or sift Topping packet r completely cool cake.
MBINE reserved relish with remaining redients in small saucepan; heat ough. Spoon warm topping over cake es. Store cake tightly covered.

ocolate Mint Macaroon Cake

ackage PILLSBURY HOCOLATE IACAROON BUNDT™ AKE MIX up plus ⅓ cup ATER GS
¼ cup soft BUTTER or MARGARINE or OIL
½ teaspoon plus ⅛ teaspoon MINT EXTRACT
8 drops GREEN FOOD COLORING

T oven to 350°F. Grease and flour cup Bundt† pan.
ND Packet 1, 1 cup water and next 2 redients until moistened. Beat 2 nutes at medium speed (portable er use highest speed). Pour into pared pan.
MBINE Packet 2, ⅓ cup water, ½ tea- on mint extract and 6 drops food oring until moistened. Beat by hand strokes. Spoon in ring over chocolate ter. Do not touch sides of pan.
E at 350°F. for 35 to 45 minutes or l toothpick inserted in center comes clean.***
OL until lukewarm; invert onto serving te.
ND Glaze packet with ⅛ teaspoon t extract, 2 drops food coloring and tablespoons water. Spoon over com- tely cool cake. Store loosely covered.

H ALTITUDE — Above 3500 feet: Fol- high-altitude directions on package.
H ALTITUDE—Above 3500 feet: No nge.



THE ART OF DINING ITALIAN-STYLE

continued

with about 1 cup tuna mixture. Place peppers on their sides in baking dish. Turn until well coated. Bake 30 minutes, basting occasionally. *(May be prepared in advance to this point. Cool. Cover and refrigerate overnight or up to 3 days.)*

To serve, slice each pepper in 4 crosswise slices. Garnish each slice with pimiento and spoon on basting sauce. Makes 16 slices, 2 per person. About 155 calories per slice.

GREEN NOODLES WITH RICOTTA

Be adventurous, make your own pasta. Borrow or rent a pasta machine if you don't own one.

Noodles
1 package (10 oz.) frozen chopped spinach
3 cups unsifted all-purpose flour
2 eggs
1 tablespoon olive oil
1 tablespoon water
Salt
6 quarts water
Ricotta Topping
½ cup butter, melted and cooled
1 container (15 oz.) skim-milk ricotta cheese
½ cup freshly grated Parmesan cheese
1 teaspoon freshly ground pepper
1 teaspoon salt

For homemade noodles using pasta machine:* Cook spinach as package directs. Cool. Drain well on paper towels. With a knife, chop finely. On a smooth surface, place flour in a mound. Make a well in the center. Put the eggs, oil, 1 tablespoon water and 1 teaspoon salt in the well; stir with a fork. Add spinach and stir to combine with the eggs. Slowly mix in flour from the sides of the well, starting at the center and gradually mixing flour in with the egg-spinach mixture. (Support the mound of flour with your other hand to keep liquid from breaking through and running all over.) When the eggs are no longer runny, mix in remaining flour. The dough will be *very* stiff. Knead dough for 10 minutes, until smooth. Form into a ball and cut into 8 pieces. Wrap lightly with plastic wrap and let the dough rest at least 1 hour or wrap well and refrigerate overnight.

Follow pasta machine directions, using 1 piece of dough at a time. Roll dough through the plain rollers starting at number 1 setting and working up to number 5; place on a towel to dry for 15 minutes. Then use machine to cut each piece into ¼-inch wide noodles. Spread cut noodles on towels and let them stand at least 5 minutes before cooking. *(May be prepared in advance to this point. To make ahead, spread noodles on towel and toss lightly with flour. Toss occasionally with hands during the drying period, about 4 to 6 hours, to prevent noodles from sticking. When dry, gently transfer to a large bowl or platter. Cover lightly with a towel and store in a cool dry place up to 1 month.)* Makes 1 pound dry noodles.

To cook noodles, heat 6 quarts of water to boiling. Add 1 tablespoon salt. Gradually add noodles and stir immediately to prevent sticking. Start testing fresh noodles for doneness 10 seconds after the water has returned to a boil. For dried noodles, start testing for doneness 30 seconds after the water has returned to a boil. Drain noodles immediately. Transfer to large serving dish and toss well with ricotta mixture.

To make ricotta topping: In a medium bowl, combine all ingredients. *(May be prepared in advance to this point. Cover and refrigerate up to 24 hours. Let sauce come to room temperature before tossing with hot noodles.)* Makes 8 servings, about 430 calories each.

*If you don't have a pasta machine, prepare 1 package (16 oz.) spinach noodles as package label directs.

LEMON ICE

The French may have started it—the sorbet as a palate cleanser between courses—but we think an Italian granita fills the bill beautifully after pasta.

2 cups water
1 cup sugar
1 teaspoon grated lemon peel
⅔ cup fresh lemon juice (about 3 lemons)
⅓ cup orange juice
Lemon peel for garnish (optional)

In a medium saucepan, heat water, sugar and grated lemon peel to boiling, stirring until sugar dissolves. Boil for exactly 5 minutes (but do not stir), remove from heat and cool to room temperature. Stir in fruit juices and pour into a loaf pan or 8-inch square baking dish. Place in freezer until mixture has frozen about ½-inch in from edge of pan. Stir and return to freezer. Stir again after 20 minutes. Repeat 2 more times. Freeze until firm. *(May be prepared in advance to this point. Cover and freeze up to 2 weeks.)*

A few hours before serving, remove ice from freezer and let stand at room temperature for about 15 minutes to soften. Using ice-cream scoop, make ice balls. Place on tray and return to freezer until serving time.

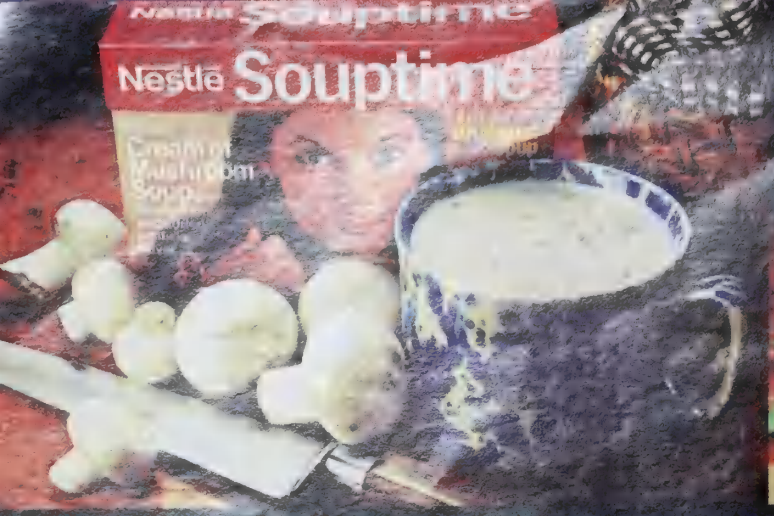
To serve, place scoop of ice in 8 individual champagne glasses or dessert dishes. Garnish with lemon peel. Makes 8 servings. About 100 calories each.

VEAL ALLA VINCENT

Inspired by our friend Vincent Bommarito, owner of one of our country's finest Italian restaurants; Tony's in St. Louis.

16 slices (about 2 lbs.) veal cutlets, cut about ¼-inch thick
16 slices (about ½ lb.) prosciutto, thinly sliced
⅓ cup flour

(continued)



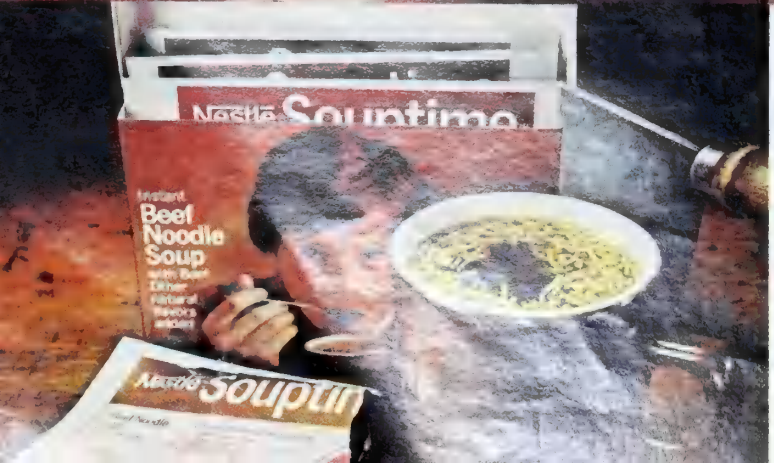












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E ART OF DINING ITALIAN-STYLE

continued

tablespoons butter or margarine
s (about ½ lb.) fontina cheese
navailable, use Swiss)

cup dry Marsala wine
cups chicken broth
cup chopped parsley
blespoon butter

ach slice of veal with a slice of
itto, then pound meat with a
h mallet or the bottom of a heavy
ot to flatten slightly. (It's easier if
t slices between 2 sheets of waxed
) Refrigerate.

t both sides of meat lightly with
just before sautéeing. In a large
skillet, melt 2 tablespoons butter
rgarine and heat until very hot and
y, but not brown. Add meat, as
as will fit in a single layer, to skil-
ook over medium-high heat until
n brown, about 1 minute on each
emove meat, prosciutto side up, to
ll or large baking pans. Repeat,
g remaining meat and using more
as needed. When meat has cooled,
ch with ½ slice fontina. Cover with
paper and set aside.

ke sauce: Pour off drippings from
Add wine and cook 30 seconds,
g up any brown bits in pan. Add
n broth and boil for about 5 min-
until mixture is reduced to half.
*and sauce may be prepared in ad-
to this point. Set aside at room
rature for 1 hour.) (continued)*

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s a listing of recipes appearing in this is-
cluding those from the Journal kitchens
ivertisements. All have been tested by our
economists.

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Field's TV Diet, pgs. 62 to 64



Rice. And when you combine it with some sliced mushrooms, green peas and a few other good things, you've got yourself a terrific vegetable dish. Combined with meats or poultry, rice will make almost any meal go further and taste better—whether you're cooking for two...or six...or more. Because rice tastes great with everything and it's right there in your kitchen.

So tonight, throw open the cupboard doors and treat your family to rice. Starting with good-tasting Mushroom Rice—a quick, economical side dish that's really delicious. And it's easy...once you get the rice out.

Mushroom Rice

3 cups hot cooked rice, cooked in chicken broth
1 can (4 ounces) sliced mushrooms, drained
1 cup cooked green peas
2 tablespoons butter or margarine, melted
¼ teaspoon onion powder
Salt and pepper to taste
2 tablespoons diced pimiento

Combine rice, mushrooms, peas, butter, seasonings and pimiento. Heat until vegetables are hot, about 3 or 4 minutes. Toss lightly. Makes 6 servings.

For more easy-to-make rice recipes, write to: Rice Council of America, Dept. L, Box 22800, Houston, Texas 77027.

Name_____

Street_____

City_____

State_____ Zip_____

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Rice

Rice Council of America

THE ART OF DINING ITALIAN-STYLE

continued

To serve: Preheat broiler. Place veal under broiler until cheese is melted and meat is heated, about 1 to 2 minutes. Heat sauce to boiling. Stir 1 tablespoon butter and chopped parsley into sauce just until butter melts. Arrange meat on platter. Pour sauce over meat. (There will only be about 1 tablespoon sauce per serving.) Makes 8 servings, about 525 calories each.

SAUTEED CHERRY TOMATOES

A colorful accompaniment to the entrée.

1 tablespoon olive oil
2 pints cherry tomatoes, stems removed
1 teaspoon basil
½ teaspoon salt
Freshly ground pepper

In a large skillet, heat oil over medium-high heat. Add remaining ingredients and cook, shaking the skillet constantly until tomato skins start to burst, about 5 minutes. *(May be prepared in advance to this point. Set aside in skillet for up to 3 hours.)* To serve, reheat tomatoes, covered, until heated through. Makes 8 servings. About 40 calories each.

BRAISED CELERY

We think the virtues of cooked celery are often overlooked. As an alternative, you might try fennel, if available.

4 stalks (sometimes called bunches) celery or 4 celery hearts
6 tablespoons butter or margarine
1 onion, sliced
1 carrot, peeled and sliced
1½ teaspoons salt
Freshly ground pepper
2 cups chicken broth
1 bay leaf

Trim root ends off celery and remove top leaves (save them for the soup pot). Trim each stalk to about 7 inches. Scrape off tough fibers on outer ribs. Cut each stalk in half lengthwise and rinse well. In a large saucepot, heat 3 quarts of water to boiling. Add celery and cook for 10 minutes. Drain well.

Preheat oven to 350°F. In large skillet melt 2 tablespoons butter or margarine. Add onion and carrot and sauté for 5 minutes. Spoon into 13x9-inch baking dish. In same skillet, melt remaining butter or margarine. Add celery and sauté about 5 minutes until lightly browned. Place celery in baking dish in single layer, cut side up. Sprinkle with salt and pepper. Add broth and bay leaf to skillet and heat to boiling; pour over celery. Bake 30 minutes or until tender. Remove bay leaf. *(May be prepared in advance to this point. Remove from oven, cover and store at room temperature up to 6 hours. Place in a preheated 250°F. oven for up to 1 hour.)* Transfer to platter. Makes 8 servings. About 100 calories each.

GREEN SALAD WITH GORGONZOLA

A wedge of Gorgonzola nicely complements this classic oil-vinegar dressing.

Dressing
3 tablespoons olive oil
3 tablespoons salad oil
2 tablespoons red wine vinegar
1 garlic clove, peeled and cut in half
¼ teaspoon salt
¼ teaspoon sugar
Freshly ground pepper
1 large head romaine lettuce
1 jar (3 oz.) Pignoli (pine nuts), toasted (optional)
½ pound Gorgonzola cheese, cut into 8 wedges

In a small jar with tight fitting lid, place all ingredients for dressing. Let stand at room temperature for a few hours to let garlic penetrate. Into large salad bowl, tear greens into bite-size pieces. Cover with damp towel and refrigerate at least 1 hour. *(May be prepared up to 6 hours in advance. Cut cheese into wedges just before leaving for party.)*
To serve: If desired, add toasted pine nuts to greens. Remove garlic from dressing, shake and pour over salad. Toss until well coated. Serve each portion with a 1-ounce wedge of cheese. Makes 8 servings. About 270 calories each with cheese.

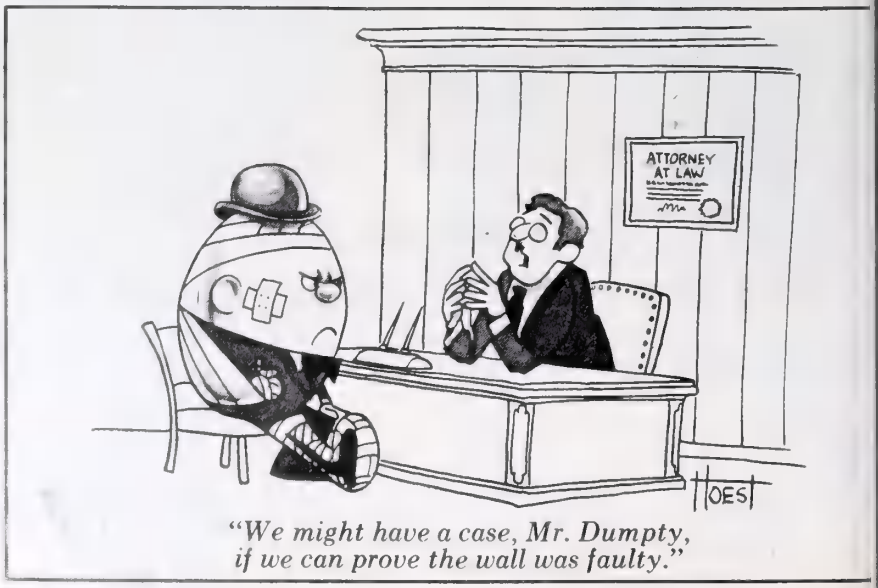
AMARETTO CREAM PUFFS WITH RASPBERRY PUREE

A dessert that provides an elegant conclusion to a classic dinner.

Puffs
½ cup water
¼ cup butter, cut into 4 pieces
½ cup unsifted all-purpose flour
1 teaspoon sugar
2 large eggs
Filling
1 cup heavy or whipping cream
1 tablespoon plus 1 teaspoon sugar
¼ cup Amaretto liqueur
Sauce
2 packages (10 oz. each) frozen red raspberries in syrup, thawed
2 teaspoons cornstarch
1 tablespoon water
Confectioners' sugar (optional)

Preheat oven to 375°F. Grease [illegible] cookie sheet. If using a pastry bag with a number 5 or 6 star tube; set a[illegible]. In saucepan, heat water and butter [illegible] medium heat until the water comes [illegible] boil and the butter has melted. Re[illegible] heat. Add flour and sugar all at [illegible] Stir briskly with a wooden spoon [illegible] mixture forms a ball and leaves sid[illegible] pan. Remove from heat. Cool slig[illegible] Beat in eggs, one at a time, until [illegible] mixed.

Spoon dough into pastry bag; squ[illegible] onto baking sheet into walnut[illegible] rounds, about 2 inches apart, makin[illegible] least 20 (or drop dough by the hea[illegible] teaspoonfuls onto cookie sheet). Bak[illegible] to 35 minutes until puffs are go[illegible] brown. Cool on wire rack. When [illegible] make a hole in the bottom of each [illegible] with the tip of a knife; set aside.
For Filling: Fit a pastry bag with [illegible] ber 1 tip; set aside. In small bowl, [illegible] cream and sugar until stiff peaks f[illegible] Gently fold in liqueur. Spoon mix[illegible] into pastry bag. Pipe filling into [illegible] puff. If you don't have a pastry bag puffs in half and spoon in filling. *(Ma[illegible] made ahead to this point. Place in re[illegible] erator for a day or freeze in a single[illegible] er. When frozen, place in plastic ba[illegible] up to 2 weeks. Thaw in refrigerato[illegible] 2 hours before serving.)*
To serve: Place cream puffs on pl[illegible] and sprinkle with confectioners' su[illegible] Serve with Raspberry Purée. Make[illegible] to 24 puffs, 2 or 3 puffs per per[illegible] About 85 calories each without pur[illegible]
For Purée: Place raspberries and s[illegible] into blender container; purée for 10 [illegible] onds. Pour through sieve to rem[illegible] seeds. In small saucepan, mix cornst[illegible] with 1 tablespoon cold water. Add r[illegible] berry purée. Heat, stirring consta[illegible] just until mixture thickens and begi[illegible] boil. Cool. *(May be prepared in adv[illegible] to this point. Refrigerate up to 3 d[illegible]* Serve cold over cream-filled puffs. M[illegible] about 2 cups sauce. About 70 cal[illegible] per ¼ cup serving.



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ERMUDA TRIANGLE

continued from page 50

in other parts of the Atlantic only uel to their visionary fire, instead sing them to stop and consider le defects in the ships' design.

event that triggered the Triangle versy occurred in 1945, when a of five U.S. Navy torpedo bombers ff on a routine training mission out t Lauderdale, Fla. After an hour half, the pilots radioed their base series of confusing reports as to location. They were lost over the and flying in aimless bewilder- Finally, communications went and the flight crews were never from again—nor was a patrol plane vent out searching for them.

s this a harbinger of strange do- r merely a set of accidental cir- ances?

ny Triangle enthusiasts lean to the of a time-warp. In other words, lots flew into a sort of fourth di- on and, hopefully, they'll fly out someday—still youthful and agog progress the world has made since time-locked imprisonment.

other side, or the villains, as most ics are generally called, tend to the planes entered one of several around the earth where magnetic of force go bonkers, with no other se effect except to foul up compass gs. If they're at all remotely close truth, it's not too difficult to en- the panic that overrode the com- ense of the pilots, none of whom ny lengthy experience flying over The planes eventually ran out of nd went down far outside their uled flight path, a classic case of error.

ghosts of those five planes refuse t, however. A month doesn't go by ome new rumor, some new clue, es—proclaiming the key to the ry. As to be expected, none have n out.

the dreamers, take heart. Perhaps lay an oceanographic geological will lower a camera into the abys- pths to study rock formations and ntally find and film an antique lo bomber lying on the eternal sea n where it's been patiently waiting ng to lift a corner of the veil hid- 30-year-old secret.

U.S. Coast Guard has another -familiar concept for many of the ed events of the Triangle.

Hijacking

y call it hijacking.

the last ten years, numerous plea- achts, their owners and crews, have into the vacuum of no return. The nt thought to be responsible for ash of inexplicable tragedies are narcotic smugglers who, through trickery and stealth, board a private vessel and murder the owners, dumping the weighted bodies over the side. The modern-day pirates then use the boat to make lucrative drug shipments from the Caribbean Islands or Mexico to Florida, later disposing of the craft to conceal all trace of incriminating evidence.

Coincidentally, much of the drug traffic makes its way from Bermuda and Puerto Rico to Miami, all three points of the Triangle.

Because there is small hope that most of the mysteries surrounding the missing pleasure craft will ever be solved, or that any remains of the owners or crew will ever be found—dead or alive—any deepwater sailor planning a cruise to the West Indies would be well advised to contact the Coast Guard and learn the angles for avoiding 20th-century buccaneers. And so, enterprising drug smuggling operations unwittingly chip away at the Triangle's supernatural mystique.

There are some who actually prey on this mystique. One case in point is a 100-foot motor yacht that sailed into the cauldron and never sailed out. Several years later, a gent we'll call Charlie, who once served as mate on the boat, was vacationing at a seaside resort in Central America when he sneaked away from his wife and went cantina hopping with the local residents. At one back-alley bistro, he peered through the bottom of his tequila glass and stiffened into shock, not from the booze, but from the face that stared back through the prism. The ghost smiled and waved.

"My God!" Charlie gasped. "Sam, is that really you?"

Sam, a former shipmate, nodded his head and said, "Yep, in the flesh."

"But I heard you were dead, went down with our old ship in the Triangle."

A cagey expression wrinkled Sam's weathered face. "The ship's there. She's probably covered by coral by now."

"But how were you saved?"

"After I opened the seacocks, I took the launch and sailed into Coral Gables. You might say I saved myself."

"You sank her. You deliberately sank her?" Charlie asked, dazed.

"Orders from the owners," said Sam. "They were short of cash so they insured her to the hilt, told me to cruise into the Triangle and put her on the bottom. Paid me twenty grand and told me to get lost. Then they filed with their insurance agent and cleaned up a bundle."

"You could have sunk her anywhere," said Charlie. "Why the Bermuda Triangle?"

Sam stared at Charlie. "Do you know a better place to lose a ship?"

One cannot help but wonder how many people, burdened by unhappy home lives, caught in an inescapable financial crush or just plain fed up with it all, have also cruised into the Triangle and dropped from sight, only to turn up as a tea planter in Ceylon or a beach bum in Borneo, complete with new identity and a revitalized personality. The Triangle may serve a useful, if dubious, purpose after all.

Overall, the Triangle does not live up to its reputation. I'm afraid Mr. Spock of *Star Trek*, with his Vulcan fetish for logic, would have made short work of the legend, categorizing it somewhere left of humbug. And where is Captain Cousteau now that we need him? How come he hasn't produced a revelation concerning the Triangle? Perhaps he refuses to take his diving saucer into the Bermuda deep for fear of having it mistaken for the other kind.

Ship graveyard

Do you recall the weird tales of the Sargasso Sea? There was a time when mariners avoided the great mass of weed like the plague. The "graveyard of ships," it was called. Men who survived its clutches swore to a phantom fleet of derelicts floating for all eternity, their decks littered with slime-encrusted skeletons. Today, the Sargasso Sea is the playground for scientists who found no great mystery, but rather a great laboratory of fascinating sea life.

The books that have been written glorifying the deep, dark riddles of the sea far outnumber the books offering credible explanations. No great mystery here. Who wants to pay good money to have their favorite myth shot down and shoved beneath the waves that spawned it in the first place? *The Bermuda Triangle*, by Charles Berlitz, produced a financially rewarding best seller beating the drum for addicts of the supernatural, while on the other side of the wave. Lawrence Kusche's *The Bermuda Triangle Mystery—Solved*, which poohpoohs the sacred sea cows, did not receive one-tenth the hoopla or sales.

We believe what we want to believe. Revered legends are forms of religion, and we don't care to have either shattered by cold facts. If we suddenly knew for certain what happened after death, church attendance would no doubt nosedive. We need our Abominable Snowmen, our lost civilizations of Atlantis and our flying saucers. They're all patched into a security quilt that somehow makes life a little more interesting.

Me, I'm not big on overblown legends. Five thousand-year-old walking mummies no longer turn me on. I bet Big Foot is a mischievous Yogi Bear. Little green men with red-rimmed eyes emerge only in saloons after midnight, and St. George slew a cow who was breathing heavy vapors on a cold day.

The Loch Ness Monster? Now that's a serpent of a different color. You can keep your Bermuda Triangle. I think Nessie has possibilities. You might say she's my kind of phantom. **End**

Win a "Lassie" Puppy!

A once-in-a-lifetime chance to own a descendant of the world's most famous collie.



The new "Lassie"—as photographed by famed glamour photographer Francesco Scavullo.

What kid—or grownup—didn't want to own "Lassie," that lovable, loyal, heroic collie who was the star of TV and film . . . and everyone's best friend? Well, now you or someone you know can win a "Lassie" puppy—one of the future offspring of the dog that is starring with Jimmy Stewart, Mickey Rooney and Alice Faye in the forthcoming movie musical, *Lassie, My Lassie.* Owned and trained by Rudd Weatherwax, the current movie dog is a direct descendant of the original "Lassie." He is the sixth "Lassie" to appear on film since the first starred in *Lassie, Come Home* in 1943 (four collies appeared in the TV show that ran for 19 years). To win a "Lassie" puppy, all you have to do is complete this statement, in 50 words or less: "I know of a good home for a 'Lassie' puppy because . . ." According to Roger Caras, *Ladies' Home Journal's* pets and wildlife expert, a collie puppy needs careful training, good grooming, veterinary care, the right amount of nutritious food, lots of exercise and love. To enter the contest, use the form below or a plain 8″ by 10″ sheet of paper. There is nothing to buy. Please read and follow all rules carefully. Winners will be announced in the June 1978 issue of the *Journal.*

OFFICIAL RULES

1. Applications may be submitted on the form below or on a sheet of 8″ by 10″ paper.
2. Applications must include the statement "I know of a good home for a 'Lassie' puppy because. . ." completed in 50 words or less—and the "Good Home Pledge."
3. Applications must be signed. If the applicant is under 18 years of age, the application must be signed by a parent or guardian.
4. Mail applications to: Win a "Lassie" Puppy Contest, P.O. Box 4022, Beverly Hills, Ca. 90213. All applications must be postmarked no later than February 1, 1978 to be considered.
5. The contest will be judged by a panel composed of Lenore Hershey, Editor-in-Chief of *Ladies' Home Journal;* Roger Caras, the *Journal's* pets and wildlife expert; and Rudd Weatherwax, owner and trainer of "Lassie."
6. The entries will be judged on neatness, creativity and clarity of thought.
7. The judges' decision will be final. No cash payment will be made in place of the prize. No correspondence will be entered into about the contest.
8. The contest is open to anyone in the 50 states, the District of Columbia and Puerto Rico, except employees of Downe Publishing Inc., its affiliated companies and their families.
9. The winner will be announced in the June 1978 issue of *Ladies' Home Journal.* The applicant, in the event of winning, must agree to be photographed with the puppy from time to time and to allow the photo or photos to appear in any issue of the *Journal.*
10. The date on which the puppy will be delivered will be based on several factors, including the puppy's birth date, the opinion of the puppy's veterinarian and such determination as the *Journal* may undertake in its sole discretion to assure that the winner will provide a good home for the puppy.
11. This contest is void where prohibited by law.

YOUR WIN-A-"LASSIE"-PUPPY ENTRY FORM

I know of a good home for a "Lassie" puppy because (in 50 words or less) _____

_____

_____

_____

_____

Applicant's name (please print) _____

Address _____

GOOD HOME PLEDGE:

If I win a "Lassie" puppy, I promise to follow Roger Caras' advice and give it careful training, good grooming, veterinary care, the right amount of nutritious food, lots of exercise and love.

Signature of applicant _____

Signature of parent or guardian (if applicant is under 18) _____

Mail to: Win a "Lassie" Puppy Contest, P.O. Box 4022, Beverly Hills, Ca. 90213.
All entries must be postmarked no later than February 1, 1978.

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For "389 Ways to Use California Ripe Olives" write:

California Olive Industry

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Fresno, California 937[illegible]

Dressed to Fill

continued from page 77

HOW TO SLIPCOVER WASTEBASKETS

Baskets to be slipcovered should have straight sides; the circumference (the distance around the outside) should be the same from top to bottom. Adapt the styles shown on pages 76 and 77 to the size basket you've chosen, adjusting the widths of ruffles, shirred bands, ribbons, depths of swags and jabots used on these 16" high baskets to suit your sense of proportion.

Fabrics and trimmings should be washable, unless you plan to have the slipcover dry cleaned. Choose lightweight fabrics for the ruffled and shirred styles.

Paint the interior of the wastebasket a shade that goes well with the fabric you've chosen. If there is a design on the outside of the basket, paint it white or match the background of the material.

Unless anchored at top and bottom covers move, so all are made with fabric bottoms, zippered side closures and 2" wide collars that are held in place inside the basket with strips of Velcro. Seam allowance is ½"; zipper placket allowance is ¾". All strips of fabric, unless a specific length is mentioned, are cut 1½" longer than the basket's circumference. Fabric 36" wide is sufficient to go around the basket.

Basic directions for all slipcovers

Cut one 17" deep strip for the body of the wastebasket cover, and one 3" deep strip for the collar. Both are cut 1½" longer than the circumference of the wastebasket. Outline the bottom of the wastebasket in chalk on your fabric and cut it out ½" outside the outline for the slipcover bottom.

Pin the bottom edge of the 3" wide strip face down across the top edge of the 17" strip; it will be upside down, but when turned down inside the basket, the pattern will be right side up. Machine stitch together. Press seam flat. Turn under and press down ¾" at each side edge of this joined strip. Baste the lower edge of the 17" strip around the edge of the slipcover bottom, wrong sides out. The folded edges of the 17" strip should meet.

Turn up ½" along the raw edge of the collar, and baste a strip of Velcro across from folded edge to folded edge. Pin zipper in place. Fit the cover to the wastebasket; make any necessary adjustments now before seaming it together. When cover is fitted, turn collar inside and mark where matching Velcro strip should be when strip is glued inside of basket. Remove cover, glue in Velcro and finish making slipcover.

PUFFY RUFFLES

Cut one 15", two 2", one 3" and fou deep strips. Cut slipcover bottom.

Join together, end to end, two 8½" for each ruffle. Turn under and press ¾" at each end of each strip, then fo two lengthwise, right side out. C across the doubled cut edge, shirring the exact circumference of the wasteb Baste a ruffle at top and bottom edg the 15" strip, leaving the ¾" zipper a ance at each side edge. Baste a 2" strip face down over the ruffle at to bottom edges, with their ends coming out to the edges of the 15" strip; take that the strips are joined so pattern ru same direction. This strip now measure Follow basic directions to complete.

When cover is on basket, puff ruffl pulling from centerfold; poke fold puffed ruffle.

SHIRRED BARREL WITH SHOE BOWS

Cut three 3" and two 13" deep str fabric. Cut slipcover bottom.

Join 13" strips end to end and g along top and bottom edges, leaving ¾ gathered at each end. Shirr gathere tion to exact circumference of wasteb Seam a 3" wide strip to top and b edges, making sure pattern runs the direction after joining. This joined st now 17" wide; follow basic directio complete slipcover.

When fitting cover to basket to mak adjustments, cut two lengths of 1½" grosgrain ribbon to go around top an tom bands, allowing extra to turn un zipper placket. Center ribbon bands o fabric bands and stitch in place.

Cut 16 each 8" and 4" lengths o wide grosgrain ribbon. Fold 8" length to end and crease center, unfold, the ends to meet at crease; tack to hold. Fo lengths around folded 8" lengths at c stitch ends together, to make flat shoe Sew bows to grosgrain bands on slip spacing eight across each band.

QUILTED WITH BOWKNOTS

Cut a sheet of white tissue pap wider and longer than the dimensio your basket. Divide its length into six sections and its height into four equa tions, marking these divisions on the of the pattern. Draw diagonal lines top to bottom edges, crossing throug sections, to make diamonds.

Cut a strip of fabric 1" wider an longer than the pattern. Cut a piece o ting to the exact size of the tissue pa Baste the batting to the wrong side o fabric with ½" at top and bottom edg at side edges. Baste the tissue pattern right side of the fabric with *(conti*



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Dressed to Fill

continued

the same allowances at top, bottom and sides; machine stitch layers together following the diagonal lines on the tissue pattern. When all have been quilted, tear tissue away. Quilting should take up about ½", making the fabric the right size.

Cut a 3" deep strip of fabric. Cut slipcover bottom. Follow basic directions to make slipcover.

Cut 30 15" lengths of ⅝" wide grosgrain or velvet ribbon (if you use two shades of ribbon, cut 12 of one, 18 of the other). Sew center of ribbon length where machine stitching intersects. At zipper placket, ribbons are sewn one side only. Tie bows.

SWAGS AND JABOTS

Fold a 9" x 4" strip of paper in half lengthwise. From the end at centerfold, draw a slanting line to the long edge, 1¾" in from that same end. Draw another line from here to the opposite end, ½" in from the long edge. Cut out along lines. Unfolded, this is your jabot pattern.

Cut one 17" and one 13½" deep strip. Cut a 3" deep strip 1¼" longer than the other strips. Cut slipcover bottom and six jabot shapes.

Hem ends of 13½" strip; if fabric is heavy, trim ¾" allowance to ¼" and merely turn under and press. Turn a narrow hem across the bottom. Divide into three equal sections across, drawing vertical chalk lines to mark these divisions. Turn under ¾" allowance at ends of 17" strip. Join 13½" to 17" strip at top edge. Pleat up 13½" strip at chalk lines and ends. Make pleats even and equal, allowing the lowest point of swag to drop 7" from top edge. Stitch pleats to hold swags in position.

Place two jabot shapes together, wrong side out and machine stitch sides and point ½" in from edges, leaving top open. Press seams flat; trim, layering the seam allowance. Turn right side out and press flat. Pin a jabot over each pleated section of swags, its top edge even with top edge of swag and 17" strip. The jabot that will cover the pleated ends will be attached at one side of zipper only; allow it to extend 1¼" beyond the folded edge of the zipper placket. When pinning the 3" collar across the top, its end should extend ¾" (the turn under allowance) beyond the edge of this extending jabot. Machine stitch all these layers together. Trim seam allowance, layering it so it will lie as flat as possible. Finish slipcover following basic directions given on page 106, then sew a hook at the outer top edge of the overlapping jabot, and its matching eye at the correct spot on the other side of the zipper placket.

PLEATED HOURGLASS PANELS

Cut one 17" and one 3" deep strip. Cut three 17" deep strips two-thirds the length of other strips. Cut slipcover bottom.

Turn narrow hems on each side edge of the three shorter 17" deep strips. Gather each at top and bottom edges, shirring them in to one-third the circumference of the basket. Place the gathered strips face up side-by-side, across the remaining 17" strip leaving ¾" seam allowance at each side. Stitch together along top and bottom edges. Finish slipcover following basic directions. Do not catch sides of panels when sewing in zipper; panels should hang free.

Cut three 12" x 2" strips of fabric. Fold under ½" along each long side. Fold these strips around shirred panels, pulling them in to about 5" just above the middle. Sew ends of strips together back of the panel.

SHIRRED BANDS

Cut one 17", one 3" and nine 3¾" deep strips. Cut slipcover bottom.

Join two 3¾" strips end to end, making three long strips. Fold under ¾" at each end of each strip, then gather along top and bottom edges shirring to the exact circumference of the wastebasket. Fold under and press down ¾" at ends of other 3¾" strips. Seam gathered strips to flat strips along top and bottom edges, wrong side out; turn right side out and blindstitch ends closed to make shirred bands.

Make slipcover following basic directions. When fitting cover on basket, pin shirred bands in place. Ends of bands should come right out to folded edge of zipper placket.

GYPSY BANDS

Cut one 17" and one 3" deep strip. Cut slipcover bottom. Cover enough cording to go around top and bottom edges of basket.

Join 3" and 17" strips as in basic directions, with cording between. Allow cording to turn into seam at inner edge of ¾" placket allowance. Press under allowance at zipper edge, and fit around bottom of slipcover with cording between, again allowing the cording to turn into the seam.

Cut lengths of ribbons ½" longer than the circumference of the wastebasket and pin them to the slipcover during its fitting, turning under ¼" at folded edge of zipper placket. Machine stitch or hand stitch ribbons to slipcover.

MOUS PARENTS

continued from page 42

ork—no cars at sixteen, books in- f TV, on your own at twenty-one. as close to a small town upbring- was possible in Beverly Hills. I stay up late, didn't go to pre- , wasn't taken to parties, and even we had servants in the house idn't work for me."

none of that stopped her from a perfectionist, nor lowered her s expectations of her. "I always ed, which is a desperate thing to to your whole life. I had to break rom my parents and have my own my own family—to really lick it. y recently that I feel secure in not the greatest, most wonderful, the 'm now aware that, in fact, no- really expecting it.

e main problem for children of parents is the sense of not feeling table about the validity of your- a much longer period than many eople. I went to the London pre- of *That's Entertainment, Part* ith my father, and it was the first felt that I was *me*, even though with him. In my daily life it's no n. But finally—on an occasion was there *only* because I was his er—I could feel separate."

y's mother is now married to Karel the movie director. When Kerry the dentist for an appointment, eptionist said, "Oh, you're Karel step-daughter." As Kerry said od humor, "It just goes on."

been a long time since someone ne if I were going to be just like er. In fact, the last time the "like- like-daughter" subject came up, put somewhat differently by a f mine. When she met my father first time, she said, "Aren't you Kaye's father?" Naturally, we all d. It does go on, in one form or , but, at last, my own modest lishments make it possible for me genuinely good about it. **End**

E BEAUTY

rothy Shaw Lamb

s of white cyclamen,
flapping bonnets
guin's Breton nuns,
winged procession
window sill.
, a pale disk of honesty—
on—floats in a pearly sky
er's crystal breath
he panes with beauty.

ke this beauty . . . .
nto silver syllables.

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Reese's Peanut Butter Chip Chocolate Cookies

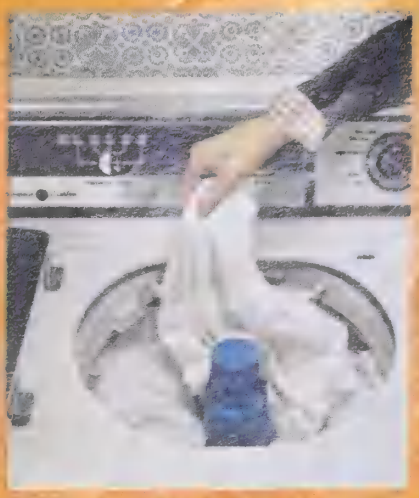
1 cup butter/margarine
1½ cups sugar
2 eggs
2 teaspoons vanilla
2 cups unsifted all-purpose flour
⅔ cup Hershey's® Cocoa
¾ teaspoon baking soda
½ teaspoon salt
2 cups (12 oz. package) Reese's® Peanut Butter Chips

Cream butter or margarine, sugar, eggs and vanilla until light and fluffy. Combine flour, cocoa, baking soda and salt; add to creamed mixture. Stir in peanut butter chips. Chill until firm enough to handle.

Shape small amounts of dough into 1-inch balls. Place on ungreased baking sheet and flatten slightly with fork. Bake at 350°, 8-10 minutes. Cool 1 minute before removing from cookie sheet onto wire rack. Makes about 6 dozen 2½-inch cookies.

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2. Use two boxes of powder dye or one bottle of liquid dye for each two pounds of fabric. (Double the amount of dye for dark colors.)
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Rit. You're going to love the results!

Best Foods, a Division of CPC International Inc.

PRINCESS CAROLINE

continued from page 69

father on spur-of-the-moment shopping sprees. The three get along very well together—yet the press, especially the tabloid newspapers, invent family feuds and portray Caroline as a rebel.

Caroline *is* spirited and she *does* have a mind of her own. But she also has a firm sense of responsibility. She inherited responsibilities at birth, and she has carried them well. One of her most important responsibilities was to conduct herself as a public figure. Thus, Caroline learned to be at ease in almost any setting—whether she's riding at a horse-breeding ranch or attending ceremonious dinners with heads of state. Today, she is conversant on any subject—and happens to be a good listener, too. She has a quick grasp of current events, loves art and is multi-lingual. (She speaks English with her mother's American accent.) In short, Caroline is a daughter to be proud of, and a true princess in every way.

It's my guess that even if she weren't a princess, Caroline's beauty would still attract attention. Besides having excellent facial features, she's blessed with the perfect model's figure: a slim five feet, seven-and-one-half-inches. In fact, New York's top fashion magazines wooed her for their covers, but the Princess didn't enjoy a one-time try at modeling. dislike of the field is, perhaps, unf nate—she would have been one o best models around. Caroline is rel in front of a camera, and she knows to prepare for a shooting. She us does her own makeup and prefers a ural look with just a hint of eye mascara, eyeshadow and lipstick. hair is free and natural; sometime wears bangs, sometimes she pulls it in a ponytail. From infancy on, Car always has been a beautiful subje photograph.

Caroline's beauty is constantly pared to her mother's. I feel that su comparison is ridiculous. Both Pri Grace and Princess Caroline are be ful in different ways. Caroline, a f striking brunette, has her father's h some, dark coloring. Princess Grac the other hand, has fair coloring, an face—still without a wrinkle—has elegance that comes with maturity mother and daughter do share the bearing, the same cheekbones—a wonderful photogenic quality. The two of the most photographed wom the world, and in every pose, in e situation, they appear poised, grac lovely. I count it an extreme hon have worked with both of them the years.

Reminiscing with Prince Rainier ing the engagement shooting Caroline and Philippe Junot. I remi the Prince of the many times handled the pressures and strain royal announcements. His comment one of the most flattering I coul ceive. "Bear up," he said, "you've two more to go."

Special Offer
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see pages 72–75

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alph Nader

continued from page 26

hborhoods. The study polled resi-
s on the problems they saw, and on
general satisfaction with city serv-
It also collected other data, includ-
the neighborhood's history, financial
ility and crime records. The project
e first large-scale, neighborhood-by-
hborhood profile of a city—has
ed extremely useful to city officials
residents. With some hard data to
v upon, said Jim Cunningham, a
ect organizer, "neighborhoods can
part in city planning and make bet-
ecisions."

nder pressure from citizen groups,
Census Bureau may soon report its
in ways that neighborhoods can use.
nsus tracts were better aligned with
hborhoods, for instance, residents
d use that information to determine
ther there is a need for day-care cen-
adult education programs, housing
ovement programs or playgrounds.
lower-income neighborhood knew
census data that it was contribut-
10- to 15-million dollars a year in
s to the city, it might rightly expect
l, responsive city services.

Information available

hen working for better services, it's
ful to know what citizen groups
where are doing. The Council On
icipal Performance (COMP), a
ite research group located at 84
1 Ave., New York, N.Y. 10011, con-
ly monitors how well cities across
ountry are providing services. In its
letters and lengthier feature reports,
1P helps set specific standards for
icipal services. Its studies of water
ity and treatment, city employment
tices, sanitation programs and other
ces can give citizens some useful
ria for arguing their case to city
als.

nother group that helps neighbor-
s "fight city hall" is the National
ciation of Neighborhoods at 1612
Street N.W., Washington, D.C.
9. In monthly bulletins, NAN keeps
on the progress of neighborhood
ps. It also follows national legisla-
dealing with neighborhood develop-
issues, and can refer interested
ns to leaders of the neighborhood
letermination movement in the na-
cities. **End**

LANCING ACT

Diana Der Hovanessian

kbooks make a woman
happy and sad.
py is when
usband *can't add.)*

Read this and cry.



Froilan lives in the highlands of Guatemala in a one-room hut with dirt floors and no sanitary facilities. Labor there is so cheap that, for men like Froilan's father, hard work and long hours still mean a life of poverty. But now life is changing for Froilan.



Her name? We don't know. We found her wandering the streets of a large city in South America. Her mother is a beggar. What will become of this little girl? No one knows. In her country, she's just one of thousands doomed to poverty.

The world is full of children like these who desperately need someone to care, like the family who sponsors Froilan.

It costs them $15 a month, and it helps give Froilan so very much. Now he eats regularly. He gets medical care. He goes to school. Froilan writes to his sponsors and they write to him. They share something very special.

Since 1938 the Christian Children's Fund has helped hundreds of thousands of children. But so many more need your help. Become a sponsor. You needn't send any money now—you can "meet" the child assigned to your care first. Just fill out and mail the coupon. You'll receive the child's photograph, background information, and detailed instructions on how to write to the child. If you wish to sponsor the child, simply send in your first monthly check or money order for $15 within 10 days. If not, return the photo and other materials so we may ask someone else to help.

Take this opportunity to "meet" a child who needs your help. Somewhere in the world, there's a suffering child who will share something very special with you. Love.

For the love of a hungry child.

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☐ I want to learn more about the child assigned to me. If I accept the child, I'll send my first sponsorship payment of $15 within 10 days. Or I'll return the photograph and other material so you can ask someone else to help.
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☐ I cannot sponsor a child now but would like to contribute $_____.

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HEALTHY MARRIAGE

continued from page 71

THE PERFECT MARRIAGE

Questions 2, 7, 10, 24, 27, 28 and 30 explore some of the myths many people have about what a healthy marriage should be. What are these myths? That the perfect marriage fills all the emotional needs of both spouses, rendering relationships and activities outside the marriage unnecessary; that it is free of conflicts; that the perfect marriage is an all-encompassing blend of two personalities fused into one entity.

A marriage like this is apt to suffocate a couple. It leaves no breathing space for either partner. It leaves no room for marriage as a joining of two individuals who wish to share a life yet still retain their own personalities, values and goals. It leaves no room for normal conflicts, an element in every alive relationship. It leaves no room for the growth that can sprout from the points of stress within a relationship.

If you checked five or more of questions 2, 7, 10, 24, 27, 28 and 30, you may want to look more closely at your expectations of marriage. Are they unrealistic? Are you repressing normal conflicts? Are you ignoring the seeds of future trouble?

COMPANIONSHIP

Questions 1, 6, 11, 13, 17, 27 and 28 examine your ability to enjoy each other's company. Since many studies show that the primary reason people marry is for companionship, problems in this area can upset marital satisfaction.

If you checked questions 1 or 6, or if you could not complete 13, you may be feeling lonely within your marriage. This often comes about, according to psychologist Eleanore Luckey, chairman of the department of family and consumer studies at the University of Utah, because marriage partners tend to take each other for granted and do not keep up with each other's changing personalities and needs.

"When this happens," says Dr. Luckey, "people need to make a greater reinvestment of time with each other. They need to get to know each other again." She urges couples to set aside time to talk—and listen—as both partners explore their feelings and desires. She also urges them to plan some special time —which both can enjoy together—such as a weekend in the city or at the beach, just the two of them.

If you checked questions 17, 27 or 28, you may be *over*doing the companionate side of marriage, submerging your identity and becoming overly dependent on your spouse. "The biggest problem I see contemporary couples dealing with," says psychologist Gerhard Neubeck, president of the National Council on Family Relations, "is how much togetherness and how much apartness they want."

Very often one person will not admit to feeling smothered in the marriage for fear of rejecting the other and for fear of being rejected in turn. Yet Dr. Neubeck finds that "when these feelings come out into the open, both partners often acknowledge a longing for more space—either geographical or psychological." He urges married people to find personal time and space by taking an occasional vacation from each other—for an hour, a day, a weekend.

COMMUNICATION

Questions 2, 7, 8, 10, 16, 18, 19, 21, 22, 23, 29, 33 and 35 delve into the crucial area of the way you and your spouse share your thoughts and feelings. If you checked questions 8, 16, 19, 21, 22, 29, 33 or 35, take a close look at the brakes you've put on what you're willing to share. So often we want understanding from our partner, yet we think, "If he loved me, he'd know how I feel." But even lovers are not mind readers.

When we keep silent about important matters, resentments often seethe beneath a deceptively calm surface, only to erupt in destructive marital storms.

In response to 23, if each of you correctly named two out of the spouse's three greatest worries, you are probably in close emotional touch. If you haven't identified even one, why not? Says Dr. Neubeck, "People often sit on stuff, trying to avoid facing worries they think are too dangerous to face." Yet a husband who is worried about his job or his health has anxieties that affect the way he acts with his wife. Thinking him indifferent or rejecting, she may wit draw. He doesn't get the nurturing needs and she doesn't understand t separation she feels.

On the other hand, if you check 2 or 10, ask yourself why you need tell *all*. People sometimes speak hurtf words in the name of truth. Before y confide a touchy issue to your mate, a yourself why. Do you want to relie a guilty conscience? To test love? Or a you trying to bring into the open issue that has been dividing you?

In general, it is healthy to speak o early about resentments, hurts and ir tations before these feelings fest When it is hard to sort out what to sha and what to keep private, it is oft helpful to seek professional guidance.

COMMITMENT

How firm is your resolve to make yo marriage work? To overcome obstacl settle conflicts, work toward shar goals, build a future together?

If you checked questions 3, 14 or and did *not* check 34, you may wa to assess your sense of commitment your partner. It is only natural, of cour to have *some* questions about whet you've made the right decisions in t past and are headed in the right dir tion for the future. It's normal to won occasionally, "Would I have been h pier if I had married someone else?" B when these doubts surface constant they rob you of a sense of security your future and turn minor proble into dread forebodings of disaster.

A person caught in a maelstrom doubts needs to avoid panic. Sometim fears precipitate husbands and wives i separation when that's not really wh they want at all. At other times, the f of separation keeps people in an u happy marriage, torturing themsel with the question, "Why am I her Either way, doubts need to be examin

SEXUALITY

A troubled sexual relationship of signals the presence of other problems a marriage, which creates more troub for lingering sexual dissatisfactions infect a whole marital relationship.

Sexual unhappiness may be the bit harvest of shame or embarrassm about one's own body. If you are comfortable with your physical bei you will not be able to express your l sensually. This may even prevent y from being as affectionate as you wo like to be in non-sexual situations. Frederick G. Humphrey, president the American Association of Marri and Family Counselors and associ professor of family relations at the U versity of Connecticut, teaches course human sexuality. He encourages peo who would like to become more acce ing of their bodies to enroll in conscio

(continued on page 1

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HERE IS HOW IT WORKS:



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After her brief period of relaxation, Cheryl removes her Astro-Belt. Already her waist and tummy are tighter and inches trimmer. Cheryl lost 3½ inches from her waist and 6⅜ inches from her tummy in just 3 brief ten minute sessions.

Startling discovery—thousands of users are finding the Astro-Trimmer to be the most sensationally effective and the most fun to use slenderizer of all time. It is a marvel of ease, comfort and efficiency—and a pure joy to use. The Astro-Trimmer's totally unique design consists of a double layered belt; a soft nonporous inner thermal liner which wraps completely around your mid-section producing a marvelous feeling of warmth and support—and a sturdy outer belt that attaches you to the super duo-stretch Astro-Bands which you hook to any convenient doorway. These duo-stretch bands enhance your slightest movements and transmit their effect—greatly magnified—directly to the inner thermal liner of the belt to produce an absolutely unequaled inch-reducing effect. In fact, for sheer inch loss, the Astro-Trimmer is supreme. Try it for yourself—at our risk—just slip on the belt, hook it up, stretch and perform one of the easy-to-do movements in the instruction booklet and watch the inches roll off. Men and women from 17 to 70 are achieving sensational results from this ultimate inch-reducer. Results like these:

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Denise Dean—*"Was amazed! After just 3 days on the Astro-Trimmer program I lost a total of 9 inches!"*

Debbi Brandon—*"This is truly instant reducing. What a thrill to see 3 inches disappear from my waist and 4 inches from my tummy in just 3 short days!"*

Cheryl Long
BEFORE

Dawn Foli
BEFORE

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Woman waist size _____ Man waist size _____

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British West Indies

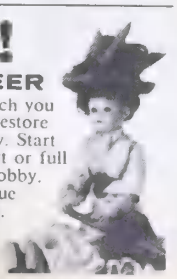
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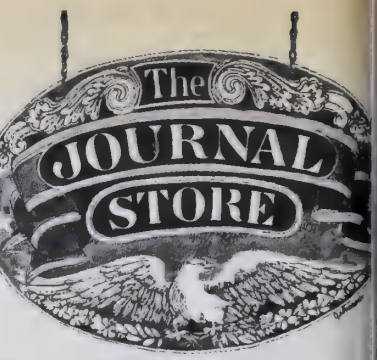
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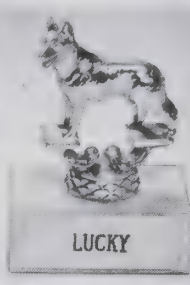


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LYNN HEADLEY—EDITOR



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DISCOVER PROTEIN FOR YOUR BUSTLINE

By Sara Micheals inventor of Protein for the Bustline



What I discovered about my bustline

Believe me I had a problem with my ustline. With my husband being in ne physical fitness business I became ore and more ashamed of my ustline. I tried exercises that I ought could help with the moderate esults of only 2 inches in a month. Vhile I had seen other gals make ntastic bustline gains up to 6 full nches in two weeks with exercise, here seemed to be something lacking n me that made those fantastic results npossible for me to obtain. All of ne women in my family had small ustlines so I just thought it was ereditary.

But when I got pregnant I eveloped a beautiful bustline. Then fter pregnancy my bustline became ven smaller than it was before. I even alked to my doctor about an implant, ut the idea of surgery really rightened me and besides I knew my usband would never go for the idea. nyway my vanity wouldn't let me ive up. I had a good figure verywhere else so why not a eautiful bustline also. I started eading every book I could find on the ubject of bust and muscles nderneath the bust.

My studies pointed more and more o nutrition. Major nutritionalists eport that protein with the right ombination of amino acids that ssimilate easily is important for nuscle and body tone and in fact vithout proper protein, muscles can ctually become smaller. Further tudies indicate it is practically mpossible to build any part of the ody without proper nutrition.

Then I started reading books egarding protein and its effects on he body and the bustline in specific. The more I read the more my hopes were reinforced that it could be possible for me to have a beautiful bustline without the undue stress on exercise. After conferring with my husband he referred me to several manufacturers of protein supplements.

From the information I had gathered in the books I had read I had some very specific ideas of the formula of protein I required for my needs. With each manufacturer I received replies varying from impossible to crazy, they were no help at all. At that point I could have given up in frustration but decided to obtain all the separate ingredients and mix them myself. I must have visited over 100 health food stores until I found the ingredients I needed. Not being one that takes too well to eating or drinking anything that tastes bad, I also had the additional problem of making my formula into a good tasting drink.

After many months of experimentation I decided on one particular formula that seemed perfect for my needs. I was ready for the big test. I asked my husband to design one easy to do exercise that could be done in one minute or less with no exercise equipment and the minimum of effort, which he did for me. I started Monday morning in the shower. I did the exercise which only took 45 seconds, by the way. Then I mixed the protein formula in a 6 oz. glass of milk and drank it. It tasted like a milkshake. Before I did any exercising I drew a chart to see if I would get any results. I measured 33 inches with a deep breath and that was pushing it. Every morning I repeated the same routine, but I didn't measure again for a full week. Then the following Monday I remeasured myself an easy 35 inches. In one week my bustline became firmer, fuller, had more lift and increased a full 2 inches. Then I quickly gained another two inches over the next few weeks. It was fantastic! To say I was excited would be putting it mildly.

At last after many months of frustration I had succeeded in achieving results I had dreamed about for years. Reinforced with the right successful formula I had Protein for the Bustline. Manufactured according to my exact specifications thereby making it available to other women with the same problem I had. While I don't claim everyone that uses my Protein for the Bustline will obtain the same results I or others have, the facts are some may do better and some not as well. However all Protein for the Bustline that is sold is protected by a money back guarantee. But don't just take my word for it. Let me introduce you to a few gals and let you hear what they have to say:

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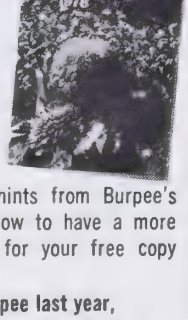
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HEALTHY MARRIAGE

continued from page 112

ness-raising groups or human sexuality workshops, or to read books such as *The Joy of Sex*. Then he urges partners to exercise "tactful honesty," in which they emphasize to each other what they *like*, rather than focus negatively on what they *don't* like.

If you checked 30, you are probably repressing harmless thoughts experienced by virtually everyone. If you checked 31, you may be in the grip of a belief that can shatter the covenant between you more than the experience of infidelity itself. Extramarital sex can have a variety of meanings, depending on the particular circumstances in which it occurs. It always needs to be looked at, but it need not be seen as a sign that a marriage is over.

Many basically sound marriages go through periods of sexual difficulty. The sex therapy clinics and mental health centers around the country can often help a couple deal with such specific symptoms as premature ejaculation, impotence or absence of orgasm. Usually, however, sexual problems—including the most common problem, lack of sexual desire—are tied to emotional difficulties.

MUTUAL RESPECT

A successful marriage rests on a cornerstone of mutual respect. You feel confident that your spouse can manage his own life well, that he is an individual in his own right, and that he upholds his end of the relationship. Questions 4, 12, 15, 17, 22, 25, 26, 30, 31, 32 and 35 are all measures of the respect you bear to each other.

If you checked questions 4, 12, 15 or 26, ask yourself whether you really admire your spouse. If you feel you have to protect him from being taken advantage of, that he needs your advice in handling problems or that he's not an effective parent, what does that say about your opinion of his coping skills?

Question 32 relates to your ability to let your spouse step out of his or her original marital role. Interaction becomes strained when one partner is threatened by changes in the other. When you can't let your partner be flexible, you are reacting to him not as he is, but as you have created him in your mind.

Constant fault-finding is a sign that respect for the other has withered—and it is distressing to both partners. When a wife, say, is disappointed in her husband, marriage counselor Paul Heber would encourage her to reevaluate her original reasons for going into the marriage, to review how realistic her expectations were, and to see whether she can accept the fact that her husband is not the person she thought he was.

"When a couple fall in love a marry," Heber says, "they rarely kn each other. They know the person t want each other to be, for whenever start a new relationship we tend to di our partners up with traits that t don't really have—but that we want th to have. If the marriage is to work, have to give the other person the sp to be himself or herself and we neec love the person he or she really is."

SELF-ESTEEM

A woman in therapy recently pressed an all-too-common feeling wl she said, "If a man loved me, I thou he was a fool—or else he just didn't kn me." Questions 5, 9, 19, 20, 22, 27 a 28 bring out your feelings about yo self. How we feel about ourselves affe the ties we form with others. If y checked five or more of these questio you seem to be undervaluing yours and your contributions to the marriag

The way you feel about yourself se into every corner of your life. When y love yourself, you recognize that y secret thoughts are not so terrible a that someone else can love you in sp of them—or because of them. When y love yourself, you maintain your o separate identity and realize that ev though your spouse is important, y have a life without him, too. When y love yourself, you feel you have the ri to ask for help when you need it.

Just as a family doctor might reco mend that you consult a specialist cause of some troubling symptom, y may decide that an issue raised by yo marital self-examination is too diffic for you and your spouse to handle yourselves. If so, you may want to c upon a professional marriage counsel In many cases, a therapist is able to duce a problem that had seemed so ov whelming. At other times, a counse can help two individuals handle as po tively as possible the difficult decision separate. Either way, the counselo support can help both partners to bet understand themselves, each other a the dynamics of their relationship.

Not all differences between husba and wife call for professional help, course. Often just raising an issue a bringing feelings out into the open abo it will help each of you to see and wo through its ramifications.

Even though it is frightening to ta risks, and even though scrutinizing di cult issues may create pain, it is the on way to excise harmful matters in a m riage. We cannot hope to nurture o union into robust vitality unless we a willing to probe deeply into the state its present health. E

Tilla Vahanian, a fellow of the Americ Association of Marriage and Fam Counselors, has been a marriage cou selor in New York City for 15 years.

Spending your money

continued from page 22

the repairman said it wasn't th fixing. Now I want to buy one ore this summer begins and es start jumping. When is the t time to buy? And how do we out what size air conditioner ight for our living room?

best "bargain" months for air condi-ers are February, July and August—ou should start looking now in prep-ion for buying next month. As for t size is right, this is the question t often asked about air conditioners, the General Electric Consumers In-ite. Make a sketch of the area to be ed, showing the dimension of the n, the size and location of windows locations of your electrical outlets. e your sketch to a reputable dealer be prepared to tell him about the n's sun exposure or shade, how well walls and ceilings are insulated, oth-vital points about heating-cooling. h this basic data, a knowledgeable er should be able to help you deter-e the right capacity air conditioner your needs. When choosing between ular and high-efficiency models, ask r dealer to help you decide on the erence in operating costs. A high-iency model will be more costly ini-y but less expensive to operate than gular model of equal capacity.

son is heading for an out-of-te college this September and ns to apply for as much financial as he can get. Without help, we ply cannot manage his tuition board. What do you think of a ic Education Opportunity Grant? high school counselor says he is gible for one.

an excellent Federal aid program, er which a full $1.7 billion will be ilable to more than a million college lents this year alone. And the grant warded directly to your child for use ny college of his choice. But the dline for acting to get this grant is t now, in *JANUARY!* Your son uld immediately pick up a 1978-79 ancial Aid Form (FAF) from his dance counselor and complete it as kly as possible. He should then send FAF without delay to the College olarship Service at Princeton, N.J.—exact address is on the form.

ince he is applying for a BEOG, he st file the FAF after January 1, 1978, you can supply whatever financial s are required for all of calendar 7. Find out today about any other lication deadlines and forms required the colleges your child hopes to at-d. You're already very late for Sep-ber, 1978. **End**

GIFT DAY

continued from page 56

would button the buttons, blow the nose, spoon food into the quiet lips tonight and tomorrow?

As the thought flooded through her, rage came with it. It wasn't discontent or irritation, it was pure great rage—against a world made of steel and cynicism, violence and ignorance. Against nations that put the lives of children—hurt children, bruised children, all children—second to economy or nuclear warheads or guided missiles or their own narrow, mole-blind adoration of sensationalism. She found that her hand on Lila's cape was shaking. She folded her hands, sitting quite still. For a breath or two the shaking—it had come before, and she always tried to shut it out—went on. Then she was quiet. She looked to her right, past Lila, as a heavy body was lowered onto the end of the bench.

A large woman, with skin the color of old copper with a warm flush under it, was settling down. In her lap she held a huge stout purse, its leather frayed and its clasp well buffed by time. Her lap was broad in the brown dress, her knuckles like silky stones clasped over the purse-handle. Her eyes were like the bright headwaters of some secret river. But there was no Mrs. Masson assessment and judgment in them. Only a kind of complete appreciation—of the sunlight, the sky, the Monet-texture of the leaves blowing in the park across the street. When she sighed it was an ample thing, including Amy and Lila in it. A sigh of enormous satisfaction.

"Spring," she said. "Did come at last, didn't it? As they say—the voice of the turtle is heard in the land." Her own voice wasn't too different from the turtle-dove's she was talking about. But deeper, more powerful. And shaped like the voice of that secret river. She kept on smiling at Amy for a beat of time, then transferred her full gaze to Lila. It was a gaze, not a stare. Then before Amy could move, protest or speak, she'd flipped up a corner of Lila's hood and was tickling Lila's right ear with a light forefinger. Very slowly, Lila turned her head to look at this woman. For a moment the hazel eyes and the deep bronze eyes were close.

"Ah," the big woman said. "Ah." Without pity or judgment. Just with easy understanding. "This child's a changeling." She was smiling, with stateliness. "Had me one, once. Oldest boy. His name was Jude. He lived to his middle thirties. He was my gem and diamond, he was the pick of the lot." Her smile was done with much more than just her mouth. She flicked a glance to Amy, then her whole attention was back upon Lila.

"Lord, when I recollect *(continued)*

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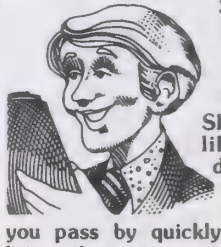
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GIFT DAY

continued

what times we had. . . . He couldn't talk good, but we *talked* all right." Delight ran into the corners of her mouth, and all around her. "He saw such tiny things, you know? A little spiderweb, how it's made to the glory of God. A little piece of sun shinin' on an old teapot." Her eyes moved quietly back to Amy's. "God don't send such children to try us, you know. Not just to try our will and our patience. He sends them to show us what we miss by not sittin' still and breathin' calm. Such children just sit in our air and bless it. Because they themselves, they're so glad to be here with us. They come here to help us learn."

She leaned forward, across Lila, so close Lila's warm breath would be on her own cheek. "Tell you what, now. Don't think I'm pushin' myself on you. There's just some things I need to say now and then, 'cause not everybody knows 'em. So I said 'em. And I just now made up my mind to say somethin' more. I'm Ruby Edmunds."

Amy heard herself answer as if somebody else was doing it. But she couldn't not have answered.

"I'm Amy Ransom. This is Lila . . ."

"Now, it's a pretty name. Little bud of a name. Lila." She picked up one of Lila's hands, looked down at it, then raised it and kissed the back of it, above the creases in the clear flesh.

Holding the hand as if it were a feather that might blow away, she said, "You ever need anybody to help you care for this child—this little Lila—you let me know. I'm not lookin' for work. Isn't that. My husband left me pretty well fixed, he was a carin' man. But when I see there's somethin' in this life I can do good, I go and do it. Wouldn't cost you much—and I'm able, and I can cook solid, and brush up neat." She nodded, more to herself than anyone else. "I knew my Jude, and I'd know this Lila. Feel I know her now. As if we'd met a time back."

Carefully, her eyes now asking most of the question, she said to Amy, " 'Less, of course, your husband, he might have other ideas—"

Cars moved in the street, the sunlight, constantly slipping between them, flickering over Lila's face. Her face was now turned upward, to Ruby's.

Amy said, "My husband's dead, Mrs. Edmunds." Then she said, "Ruby."

Ruby put Lila's hand back on Lila's knee. But the hand she had held lifted from the knee, reaching a little to Ruby, as Ruby said, "Hard. It's hard—I know. But when Joe left, I still had some of the other children with me—and I had Jude. There's a balance in everything, if we can think on it, and find it. Well—"

She was getting up, majestic and with her shadow spreading like a comfortable tree's. She was opening the capacious purse, dipping into it and bringing up a slip of paper, then a ballpoint pen. As she stood with her shoes planted in the new grass around the bench, her body held a supple ease, as if it could bend with storm and stay whole, unharmed. Sun flicked the muscles of her right arm as she wrote, using the flank of the purse for a desk.

She handed the slip of paper to Amy. She shut the purse. Lila was looking straight up at her, unblinking.

"There now. Name, address and the telephone number where you can reach me. All complete." The bus was coming, muttering near. Ruby took a step toward the boulevard. Then she stood still and looked back. Her voice was soft and carrying, enclosing Lila and Amy. "You think me over," she said. "You please do."

The bus had arrived. Amy saw, as it plunged to a stop, that it was her bus, too. And it was Lila's, the one ready to take her out to the edge of town, where the good people waited in the decent place. The good people who knew almost everything, and who were expecting Lila. But Amy sat where she was, with a humming awareness of the sun's heat on her hands, her shoulders, and with the same awareness of it stroking Lila, who was smiling, her mouth turning up and a laugh moving in her, and from h as she reached both arms toward Rul A man herding a couple of sacks of g ceries, a woman doing the same wit small active boy, boarded the bus ahe of Ruby. On the step, Ruby turned, t ing her time, and lifted a hand. A lifted hers. And Lila waved, tentativ but somehow also with a great, leapi urgency coming through. The b growled ahead and floated off.

"Well, love," Amy said. Lila was s tling back into silence, into waiting. B Amy spoke to her both briskly and w sure clearness. Talk wasn't a substitu for the heart, but it could keep on tryi Amy picked up her pocketbook, open it and put the slip of paper Ruby h written on into it as though it were a d mond. She shut the pocketbook, help Lila off the bench—assistance could given going down, it was going up t helped the muscles—picked up the su case with the shining ducks painted it, and shut her hand around Lila's. Lil felt like toast, and it had come a lit way up to meet her own.

"This is a good old gift day, you kno love?" Amy said. "Let's take Ozzie hom We'll have our own party. We'll c Ruby, and ask her to come to it. T afternoon. Our own old gift day part They were walking back then, slow but with a particular sureness about too, the way they had come. E



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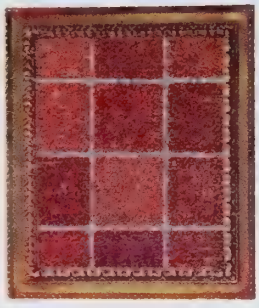
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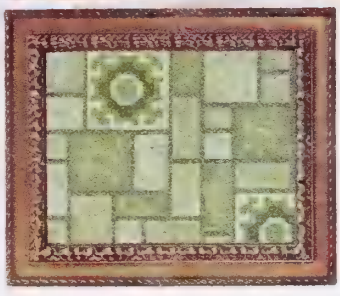
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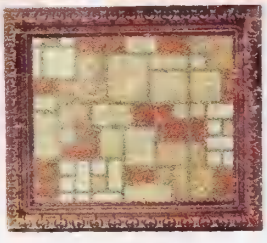
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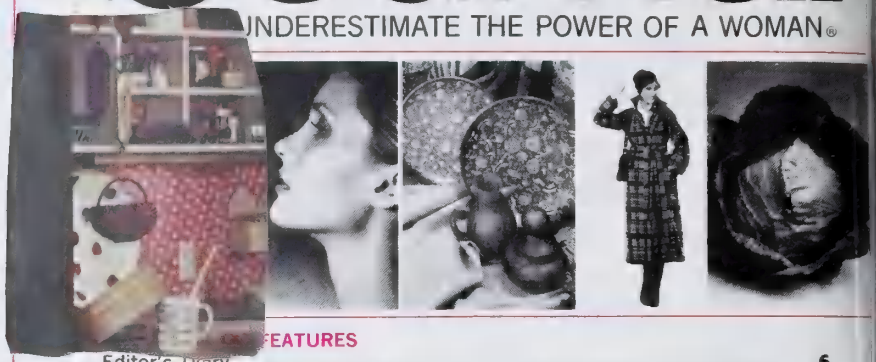
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VOL. XCV, NO. 2
FEBRUARY 1978

LADIES' HOME **Journal**®

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Editor's Diary

Lenore Hershey

WOMEN AND THE YEAR



Taking torch: l. to r. First Ladies Johnson, Carter, Ford; Bella Abzug

Women. The power. Women as loved and loving people. Women as achieving individuals. Women on the move as both. I saw this at the National Women's Conference in Houston in November. 14,000 women gathered for four days to talk, argue, measure their own strength. Across town, a conservative counter-rally raised its voice to frame an unofficial minority report. Deep differences, yes. But overall, a glimpse of the potential political clout that women can have across their disparate views, their assorted convictions. Their new aims were dramatized by a 2,612-mile torch relay that ended with a presentation to Chairperson Bella Abzug and First Ladies Rosalynn Carter, Betty Ford and Lady Bird Johnson. What happens now? Recommendations and appraisals. How can the power be used for the good of all: women, the nation, generations to come? President Carter has already started to work out some new ways to recognize the needs and aspirations of women throughout the country. Grass-roots action supports the new consciousness and participation of all kinds of women. Meanwhile, on pages 77 and 78, the Journal offers its own 1978 Women of the Year ballot. Please vote. (Or write in. Or even disagree.) The power, after all, is YOU. Use it.



At end of relay: l. to r. Liz Carpenter, Betty Friedan, Sey Chassler, LH

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Dear Journal...

Who says it's a man's world?

I thank Dr. Rubin for his inspiring [October] article, "It's a Man's World," in which he said that men behave like adolescents and that women are much more mature. I read the first paragraph to my husband, and when I finished, he looked at me and said, "What broad wrote that?" It gave me a great deal of pleasure to tell him that the "broad" was a prominent male psychoanalyst.

Mrs. Donna Willis
Chicago, Ill.

I hope that one day my sons will be able to write as intelligent an article as Dr. Rubin's and believe it.

Maggia Nawojski
Munster, Ind.

Ali & Steve: That goodbye look

How come you printed a story about Ali MacGraw and Steve McQueen's marriage [November] just as they're about to split?

Sally Amory
Bloomington, Ind.

Ed. note: No magazine can be held responsible for predicting the marital weather in Hollywood, but we believe we (and Ali) hinted at the impending separation. Re-read her last four sentences: ". . . I'd say I'm leading exactly the sort of life I want. I don't know about Steve. You'd have to ask him. I hope he feels the same."

Equal time for Equal Rights

Right on! Hope you will continue to cover the women's movement [*Editor's Diary*, November] as you do . . . sensibly, from the sane middle view, giving women the freedom to do more and have equality, without threatening men.

Sally Trask
Concord, Mass.

You have joined the forces of anti-religion. IWY [International Women's Year] stands for Immoral Women and You. Are you a lesbian like the others?

Allison Bailey
Lexington, Ky.

Do you know how your marriage is?

Some marital checkup! We were fine until we read your marriage story in January. Now we've been fighting ever since. Seriously, we have found ourselves revealing more of our emotions than ever before . . . so perhaps it's all to the good.

Thelma Ryan
Corona, Ca.

Christmas and the Jewish Child

Dr. Ginott has put into words [December] what I found difficult to express as a child, and what I wish to communicate to my own child now. We can all relate to "Peace on Earth, Good Will Towards Men," but this does not mean that we must deny our Jewish heritage.

S. Moskowitz
Boston, Mass.

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What's Happening



Gene Shalit

Sophia Loren talks about being both mother and actress and about her own sense of beauty.



Sophia Loren is Ahhh inspiring.

So when she visited America not long ago, we got together and, speaking as I often do in italics, I asked:

How do you mix your marriage and your career?

Sophia Loren: In my life I have always wanted to get married and have a family of my own, because in my life *that's* really what I needed. Maybe because my mother never married my father, maybe this is the reason, I don't know. But just to feel at home in the situation of life I had to get married and have children—a family of my own. Maybe this is why I married a man that was a little older than I was, maybe I always missed my father.

GS: *Does your career interfere with your marriage?*

SL: No, because we work in the same field. My husband is a producer. I am an actress. It would interfere if my husband were an actor, because there would be competition, but in this case I think it is the ideal situation.

GS: *You have two sons—Carlo who is eight, and Eduardo, four. Is it too early to think of careers?*

SL: The oldest one, he adores to play the piano, he did a concert in Paris in a place called La Salle Cavore with one thousand people and he was really beautiful. I think it was the most moving moment of my life. The little one, he's too little, he says he wants to play the violin, but I think he's just saying it because his brother plays the piano.

GS: *Your son is a prodigy?*

SL: For the moment.

GS: *You wouldn't want him to be an actor?*

SL: He has to choose whatever he wants to do in life, but anyway I wouldn't like him to be an actor. No.

GS: *Is there one day in your life you would like to live over because it was so wonderful?*

SL: When I had my first baby. You know I waited so long to have this baby, I waited about ten years, because each time I tried I failed. And for me that birth was like living in a dream. I couldn't *believe* when they brought the baby to me. It was mine. I really had made it finally. It was something that you can't express in words. It is too much emotions involved.

GS: *Is there a day you regret?*

SL: There are two days that I would like to forget—the days when I lost my two children through miscarriage. They were terrible days.

GS: *How do you manage to be an actress and a mother?*

SL: It's quite difficult because I have to plan my work ahead, which is something I never like to do. So I always try to choose films that are near where the children are going to be.

GS: *Do you think you're a good mother?*

SL: I do the best I can. Sometimes when there is an article *(continued)*

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What's Happening

continued

about motherhood or how you should bring up children, I read it. But I just behave very naturally. I give them as much love as I can. And I think this is the most a child should really want from its mother.

GS: *Do you ever say "no" to them?*

SL: Yes.

GS: *Do you hit them?*

SL: No, I don't hit them, no. I think there's no reason to hit a child, you should let a child understand why he does wrong sometimes—but hitting? Never.

GS: *Does it bore you if I tell you how beautiful you are?*

SL: That's very strange, because I am not beautiful in the classic way. I have a long nose, and my mouth is too big and my chin is too short. I look different from the others, maybe because I am not beautiful in the classic way.

GS: *But the world considers you to be beautiful.*

SL: Yes, they say so.

GS: *Do beautiful women have problems because they are beautiful?*

SL: I haven't had any problems. Beauty has never been a handicap for any one, and especially for me. In the beginning it was wonderful to be accepted as a beautiful girl, because it was quite easy for me to get into the movies. I never want to be classified only as a beautiful girl, I really want to be considered as an actress.

GS: *You came from the slums of Naples. That's very well known. Was there one individual you can point to as the person who made you what you are today?*

SL: Myself. *I* wanted to be an actress. I've *always* wanted to be an actress. When I was fourteen I told my mother I wanted to go to Rome and make my first step in this profession. She thought I was crazy, but I was so convincing, even being so young, that she went along with me and that's how I started. Then I met my husband, which was a very important encounter for me in my professional life and in my private life. Maybe I've been lucky.

Specials for Women

Reflecting on that conversation, I remembered someone once remarking, "I'd rather be lucky than good." Sophia Loren has been both. She told me that "nowadays, good roles for women are very difficult to be found, and if an actress has a chance to find one, she has to go with it." She *has* found one—*A Special Day*—and turned it into a memorable film. The past year has been bountiful for actresses, and two who found super scripts are Anne Bancroft and Shirley

(continued on page 178)

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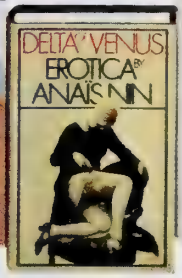
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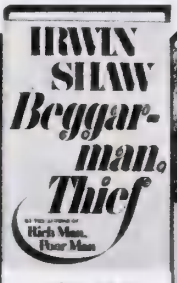
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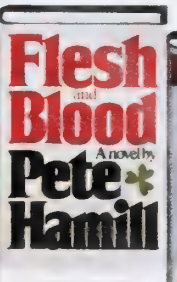
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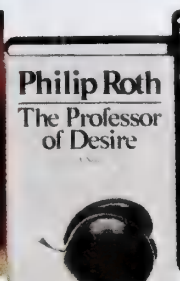
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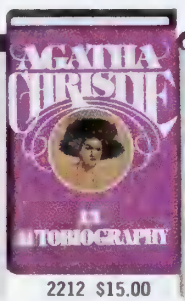
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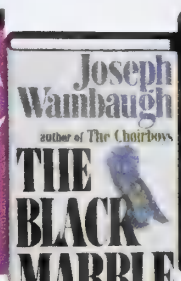
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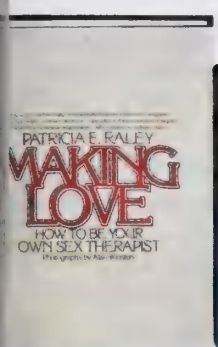
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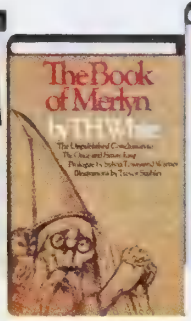
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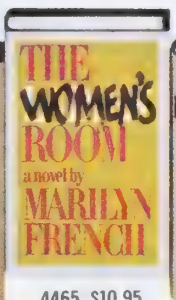
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Can This Marriage Be Saved?

Dorothy Cameron Disney

When a man and woman come together because they have shared a tragedy, can they ever learn to share happiness, too?

This case is based on information from the files of the Pikes Peak Family Counseling and Mental Health Center in Colorado Springs, Colo. Founded in 1887 as the Women's Aid Society, the non-profit organization has served more than 28,000 people in the Colorado Springs area. The true story reported here is drawn from counselors' reports of interviews. Names, geographic locations and other minor details have been altered to conceal identities. This month's case was reported by Bruce D. Kuenzli.

SUSAN SPEAKS

"When Gary, my first husband, drowned in the Big Thompson flood, I was almost sorry that I escaped," said 23-year-old Susan. An attractive, blue-eyed blonde, Susan had been married less than a year to Charles, a 30-year-old widower with four young children. (The Big Thompson catastrophe, in which Susan's first husband was killed, took place July 31, 1976, in the 35-mile-long, mountain-rimmed canyon linking Estes Park and Loveland, Colo. A 19-foot wall of water, resulting from a furious thunderstorm, roared through the canyon and killed 129 people.)

"My marriage to Gary lasted eight months and six days," Susan continued, "and we never once had an argument or exchanged a cross word. The weekend of the flood, another couple—friends with a tiny baby—had invited us to stay at their mountain cabin. We were supposed to meet our friends at a small summer hotel. When we reached the hotel it was raining hard, and our friends were nowhere in sight.

"The hotel owner told me that our friends had gone ahead because the dirt road leading to their camp site was getting muddier by the minute. They wanted us to join them at the cabin.

"While the owner and I were talking, I could tell from the expression on Gary's face that he was terribly worried. Gary was an engineer, and to his trained eye the narrowness of the canyon and the rapidly rising river spelled trouble. Anyhow, he came over to tell me that he was going to our friends' cabin to warn them and people in cabins along the way to leave at once for higher ground.

"Although I asked to go with him, Gary insisted that I stay at the hotel. He said that he would be back for me, but if he didn't return in thirty minutes I was to climb to the top of the mountain without him. He said he'd catch up with me there.

"He told the hotel owner and his wife to be sure to get their two youngsters, an eleven-year-old boy and eight-year-old girl, out of bed and dressed right away. Then Gary drove off in such a hurry that he forgot to kiss me good-bye. I have no last kiss to remember.

"In exactly thirty minutes, I followed Gary's instructions and started to climb up the rough, rocky side of the mountain. I had a flashlight, but it was pitch black, and I could hardly see a thing.

"I fell over a bush, losing the flashlight, and went on climbing in the dark. I was deathly afraid. I couldn't help wondering why Gary, the most protective human I'd ever known, had left me all alone to face such terrible danger.

"My camping clothes, boots included, were in the car with him. I had meant to change out of my thin suit and three-inch high heels, but he was in too big a hurry to unload my suitcase. The third or fourth time I fell down, I kicked off the shoes and clambered on ahead in my stocking feet. The sharp rocks cut my feet very badly, but I was so scared that I didn't feel the pain.

"At some point I came upon another girl, nineteen years old. She was lost and just as scared as I. The two of us clasped hands and took turns pulling each other up. On the mountain top we found a small crevice between two rocks, but it wasn't wide enough to hold both of us at the same time. We lay on top of each other all night long, alternating positions so each had a fair chance to lie at the bottom.

"Both of us were desperately afraid that in a place so exposed and high we might be killed by lightning. In the pouring rain, it flashed and flashed, and with each bolt everything would suddenly be bright as day.

"In the canyon down below, now filled with water, I saw the tops of cars bob by; even a Greyhound bus swept past. I saw the hotel where we were to meet our friends break apart and float away. I wondered if the hotel owner, his wife and their children were safe; all four, I later learned, were killed.

"During the night the mountain temperature dropped lower and lower, and the other girl and I nearly froze. We were ravenously hungry, too, and a tube of toothpaste I found in my purse was our only food.

"Late the next day, a number of helicopters flew directly overhead but didn't spot us. By this point, my cut, bleeding feet were frostbitten, and my body was shaking and shivering uncontrollably. I knew that I wouldn't make it through another night on that mountain. I would probably die of exposure. I wondered how Gary would react to my death. Finally, at sunset, a helicopter spotted us. We were among the last to be rescued.

"Four days later they found Gary's body. Our friends, their baby and several other survivors owed their lives to him. I was glad for them. *(continued)*

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Can This Marriage Be Saved?

continued

My father identified Gary's body
n the aid of dental charts. I never
Gary—a fact that haunts me still.
My parents begged me to return
ne to Kentucky with them. Mamma
ed with me for six weeks trying to
uade me to fly back with her. I
ously considered returning, but I
v Kentucky represented the past for
-my childhood, my teens. I knew
if I left Colorado, I would close the
r on maturity and become Mamma's
Daddy's little girl again. So I stayed.
When Mamma finally had to leave, I
an having unbearable nightmares.
y's deep bass voice was mixed with
augh, but the dreams never showed
mpse of his face.
Somewhere during that period of
and emptiness I met Charles, my
nd husband. He was living with his
kids in the same apartment build-
-on the same floor. I had seen
rles a few times in the hall and was
-acquainted with Kip, his oldest
who delivers the newspaper to ten-
. Gary used to roughhouse with Kip;
were great pals.
The Saturday after Gary's body was
d, Kip rang the doorbell and handed
the newspaper. It was wrapped
nd a big bunch of flowers. Kip said
vas sorry about Gary. He told me
his mother was dead, too, like it
a bond between us. He then said
his dad had told him to invite me
n the hall to meet the family and
a glass of wine. Well, I accepted.
Ten months later, Charles and I were
ied. At that time, I was convinced
I loved Charles, although not in the
e way I had loved Gary. I have
r been the least bit sure that Charles
s me. He does love his children, and
nk he needed someone to help take
of them.
n the beginning, our relationship
comfortable and relaxed. We had a
n common. Unlike others—even my
nts—Charles seemed to sense the ups
downs of my inner feelings, to un-
tand my suffering because he had
red, too. Three years ago, his wife
was killed in a traffic accident, an
dent for which he blames himself.
During our courtship, I confessed to
rles—the very first time I mentioned
to anybody—that there were times
n I hated Gary for dying and aban-
ng me. Charles said that he often
the same way about Eva. It is im-
ible for me to believe Charles ever
ne minute of hatred for her.
Charles is in the construction busi-
. Five months after our marriage, he
his job and went on unemployment.
Naturally, I kept working, and continued doing the housework for him and the kids. If I asked about his luck at job hunting, he would just shrug and say that it was no use looking.

"I am accustomed to strong men. Daddy is strong and Gary was a solid rock of strength. Charles is weak. He is seven years older than I am, yet constantly puts himself down like a little kid looking for sympathy. It's pathetic.

"Before our marriage, Charles seemed to be very protective of me—like Gary. He has changed. Now, when I wake up from some horrible nightmare, he doesn't want to hear about it or comfort me. He brushes me off.

"Just last week I had a dreadful dream in which I saw Gary's face for the first time since the flood. His sad, drowned face was looking straight at me. I jumped out of bed screaming.

"At the time, Charles was sitting in front of the TV. But he wasn't watching the program. He was staring—almost transfixed—at a picture of Eva.

"I have done my level best to measure up to Charles's first wife. I just can't make the grade. I halfway believe he is still in love with her. He broods and thinks about her all the time."

CHARLES SPEAKS

"I doubt I ever loved my first wife," said 30-year-old Charles, a broad-shouldered man with thick, black eyebrows and short, black hair. "It was a hurry-up marriage, as they say, and both of us were forced to drop out of college. For eleven years, we fought like wildcats. Still and all, I never consciously intended to do Eva harm. Subconsciously, well, that may be another story.

"Eva was a fair housekeeper and took good care of the kids, but she was a perpetual nag. She was disappointed in my lack of success and whined about her grievances—in private and in public. But she certainly didn't deserve to die.

"She's been gone a long while now, but I can't forget her. I still feel like I killed the mother of my children.

"One of our quarrels caused the accident. Eva was often angry, but on that last day she was hysterical. She pointed a gun at me, then ran out the door, jumped in her car and took off. I followed in my old, beat-up truck. I chased her fifteen miles to a mountain road, blowing my horn all the way. With her in the lead, we raced up the road. Suddenly her car swerved, skidded—the most sickening sight of my life—plunged off the mountain and tumbled over and over several thousand feet until finally it smashed into a tree. She died instantly.

"Eva had been drinking. I lacked the excuse of alcohol. I was stone-cold sober. Yet I still don't know what motivated me to chase Eva to her death. Why didn't I let her go? Or did my many failures drive her into such a frenzy of despair that she committed suicide? Does it make any difference?

"My children paid the heaviest price for that wretched night; they dearly loved their mother. For many months all four, Kip in particular, made me keenly aware of their loss. Their eyes, following me around, showed how badly they missed Eva.

"At their age, I had no love for either my mother or father. My parents were divorced when I was nine years old and, as I vividly recall, they battled over accepting custody. Neither wanted me. The judge in the divorce case denounced both my parents as unloving, heartless human beings.

"My mother was ashamed, I guess, and after my father agreed to make ample child support payments, she agreed to take me. With Dad's court-ordered payments, mother supported a series of boyfriends, most of whom abused me and knocked me around.

"When my favorite of the lot, a guy who sometimes played ball with me, robbed my piggy bank, I ran away. For some childish reason, I decided that my father secretly wanted me to live with him. Anyhow, I thumbed my way to his place in Chicago. Dad took me in, probably to spite my mother. But he, too, had many companions.

"The girlfriends were an improvement on Mother's boyfriends; several were very kind and none ever hit me. The majority were indifferent and generally ignored my presence—the way my father did. One time on a selling trip, I ducked into the rest room while the car was being filled up and he and his girlfriend drove off without noticing my absence. A five-state police alarm reunited the three of us.

"I have talked very little to Susan about my background and my previous marriage," Charles went on slowly. "I'm afraid I might lose her if she knew about my past. The truth is that she is too good a wife for me, and I know it. I don't feel entitled to a woman like Sue, who's a wonderful homemaker, kind to me, sweet and loving with my kids. I can feel her getting restless. I know she considers our marriage a mistake.

"Frankly, I believe Sue married me to escape from sorrow. I think she's still in love with her first husband. I know that he's always in her thoughts. She has frequent nightmares about him and his tragic death. I try not to think about it.

"I am trying hard to brace myself for another failure, my failure to win the love of my dear second wife. A man like me will never be able to measure up to a hero like Gary."

THE COUNSELOR SPEAKS

"The death of a spouse ranks at the top of life's traumas, ahead of the death of a child or a beloved parent," the

(continued on page 20)

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Can This Marriage Be Saved?

continued from page 17

counselor said. "Susan and Charles and married before either had comple what psychologists call 'grief work.' B were loaded with guilt. Charles had tually convicted himself of murde his first wife and punished himself cordingly. Susan's nightmares, relate me during counseling, indicated a s conscious belief that Gary had ab doned her. In some ways she saw second marriage as a way to get e with Gary, and her hidden desire revenge haunted her.

"Susan had many truths to face. saw herself as a fragile, clinging vine almost laughable misconception in case. When I pointed out that she h shown considerable strength in stick with new experiences instead of retre ing into the happy atmosphere of childhood, she began to alter her view herself. She also began to see, and ev tually to admit, that she might ha idealized Gary. Eight months of m riage, Susan acknowledged, is har enough time to judge perfection.

"Charles's miserable childhood h programmed him to anticipate failu and to nurse his mistakes so that could lament his weaknesses later on. was hardly surprising that his self-d precation was unappealing to employ and to Susan.

"Susan and Charles needed to acce and then say good-bye to their gri Both eventually recognized this. Th discovered, too, the importance of co munication.

"Susan heard all about the horrors Charles's childhood and, contrary to l expectations, was neither shocked n repelled. In fact, she told him that s admired his strength in coping with h early youth. Naturally, her reaction fl tered and pleased him.

"The couple's marriage had many a sets. Their sexual relationship was ve good. Susan loved Charles's childre and they returned her love. By natur Susan was a caretaker, an unusually ge erous and giving young woman. Charl desperately needed someone who car for him and who would help build u his shaky self-esteem. Susan filled th bill exactly. He repaid her by deliberat ly training himself to be more positiv which assisted in eliminating his tedio self-pity.

"Not long ago, Susan called me wit the proud news that Charles had ob tained a well-paid job with excelle prospects for the future. He then got o the phone and assured me that Susa deserved all the credit. They both fe their marriage is now on a sound an happy footing." **En**

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Spending Your Money

Sylvia Porter

Have you heard the one about the traveling salesman with the dirty laundry? Translating prescriptions into understandable English. Plus financial tips for widows.

My traveling salesman husband always brings home a suitcase loaded with dirty laundry and crumpled suits. Then I have to spend days cleaning him up so he can go away again and repeat the process. Why can't his laundry and dry cleaning expenses be tax deductible so he would have all this done while he's away?
But laundry and dry cleaning expenses your husband incurs while on a business trip *are* tax deductible travel expenses! Show this answer to your husband—and tell him that from now on, he is not to bring home his laundry dirty or his suits in a mess.

Are variety meats, such as liver, brains and kidneys, good buys? On a recent tour of gourmet restaurants in France, my husband and I learned to love the way the French prepared meals that were really built around "innards." I'd like to try out some of the recipes.
Yes, variety meats in general are good buys. Some are actually selling at prices below the levels of the early 1960s. The reason: most middle-class Americans shun organ meats. You usually will find such meats at ethnic or specialty markets. They are highly perishable, should be handled with care and most should be used within a day of purchase and/or thawing. You must follow the special cooking recommendations. (Liver, incidentally, is a significant source of protein, iron and some B vitamins. It also contains more vitamin A per serving than any other food.)

I feel like an idiot every time I take prescriptions to the drugstore, because while I can decipher our doctor's handwriting (unusual in itself, I'm told), I don't understand the instructions he is giving the druggist—nor can I figure out his abbreviations. How can I comparison-shop intelligently when the prescription I'm taking to stores to compare prices is pure Greek to me?
1) If there is a choice on the form of medication (capsule or tablet, for instance), this will be indicated by an abbreviation such as "cap," or "tab"; 2) "El" will denote elixir, "Sy" will stand for syrup, "Sol" will mean solution; 3) The dosage will be expressed in metric measures: "100 mg" is 100 milligrams, "25 mg" meaning 25 milligrams, etc.; 4) The total number of pills or the volume of liquid medication will be noted on the prescription. This you should be able to decipher with ease; 5) How many times you can refill the prescription without getting a new prescription from your physician will be indicated by an abbreviation. "Refill 3x" will tell the druggist you can refill that prescription three times. You cannot refill it any more times without a new approval in written form from your doctor; 6) If your physician writes any instructions to the druggist in Latin, the pharmacist will translate these directions into English on the label.

Send a postcard asking for a free copy of "Reading Prescriptions" to the Consumer Information Center, Pueblo, Colo. 81009. Then you'll be armed with all the guides you need to comparison-shop for prescription drugs—and prices vary so markedly from store to store that comparison-shopping can really save you money.

My husband died recently after a long hospitalization that just about wiped out our cash reserves. We had planned to retire in 1978, sell our $75,000 home, move to Florida and go on a world cruise. To support me, I have his insurance and pension benefits and a fair amount of shares in mutual funds he had bought for capital gains. I just don't know how to carry on and I'm so afraid of being swindled that I even hesitate to ask anyone for advice. What do you suggest?
First, you must determine how to carry on alone by learning at least the basics of sound, conservative investing so you can help make your own decisions. And you must thoroughly investigate financial advisers recommended by your bank and/or lawyer (certainly there are *some* you trust) and get their counsel.

Then, set up a supplementary health care program for yourself to avoid a repetition of the huge medical costs that almost eliminated all your nestegg. Buy an apartment in Florida, rather than a house, and do this within one year of the sale of your present home to defer capital gains produced by the sale. Sell those growth-oriented mutual funds your husband held. At this time of your life, you need a higher annual return of income to finance a lifestyle that includes travel and moving expenses. Growth stocks no longer make sense for you. Whatever you buy, buy highest grade, income-producing bonds or similar securities. Don't, under any pressure, go "second-class" with your investments and assume risks you cannot afford! Use your common sense. Educate yourself.

My husband says that there are thousands of things we can buy on our trip to the Middle East this spring and take them back to the United States duty-free. Can this be true? *(continued)*

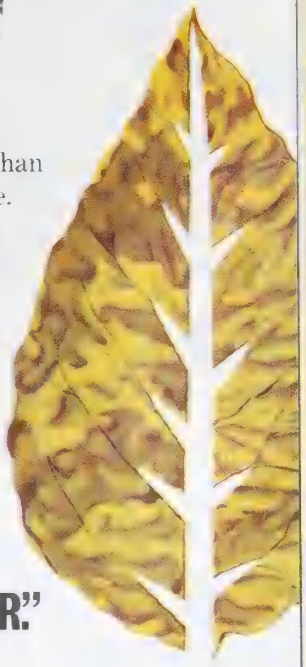
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Kent Golden Lights 100s	10
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Viceroy Super Longs	18
Silva Thins 100s	17
Virginia Slims	16
Merit 100s	12
Vantage Longs	11

&M Long Lights. Extra length without xtra "tar." And the taste of 00% virgin tobacco.

r L&M Long Lights yield only 8mg. "tar", less than leading longs. Yet you get a big taste advantage. cause L&M Long Lights are the only longs de with 100% virgin all-leaf tobacco. Then we one step further, we "filet" the tobacco by moving the main stems. Leaving us with only most flavorful part of the leaf. Then to iver full "filet" flavor from the first puff to , we top off our 100% virgin tobacco "filets" h our unique Flavor Tube Filter.™ So enjoy the tras" in L&M Long Lights...extra length l extra taste.





EALLY REAL TASTE. ONLY 8 MG. "TAR."

© LIGGETT GROUP INC., 1977.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

*Based on Maxwell Report, 1976.

Long Lights, 8 mg. "tar", 0.6 mg. nicotine, av. per cigarette, by FTC Method.

One of your best friends just had a face-lift



New Glade Decorator Solid The Air Conditioner

New Glade Decorator Solid is too pretty to keep only in your bathroom and kitchen. Show it off in the den. Or your bedrooms. Or the living room. New Glade Decorator Solid eliminates odors just as effectively as always. Come to think of it . . . you could decorate your whole home with Air Conditioners.

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Yes, it's true. What your husband is referring to is the "Gen eralized System of Preferences" (GSP) that went into effec for the first time in 1976. These are vitally important regula tions all but unknown to most U.S. tourists abroad. Unde GSP, you can bring in or send back up to 2,700 items duty free (no matter what their value) from certain "beneficiar developing countries" (BDCs). You must have acquired th eligible articles in the developing countries where they wer grown or manufactured. Items you buy in duty-free shop will be eligible only if the shop is in the qualifying country The qualifying countries range from Afghanistan to Zambia include many in the Middle East (Israel, Egypt, Jordan), a well as many in Latin America, plus Turkey, Portugal, Yugo slavia, Romania, etc. Get a free, just-updated leaflet, "GS and The Traveler," from the U.S. Customs Office neares you. It will give you a list of the most popular tourist iten with GSP status.

My corporation's monthly report says that our countr is heading toward a "modest inflation rate of 5 per cent a year" for the next few years, but it doesn' say what that means. Will you translate for me?

It means a rise in your overall cost of living of 5 percent th year, piled on top of last year's rise, piled on top of th previous year's rise—and extending into the indefinite futur It means that to buy the goods and services that $100 bougl in 1977 would take $265 in 1997. It means that a "modest" percent annual rise compounded is still an intolerably hig inflation rate for us to bear indefinitely and remain a solid healthy, private enterprise system. Currently, however mo experts fear that the rate will be substantially higher than percent in 1978.

When I receive a telephone call appealing for my co tributions to some charity, how can I tell whether it bona fide?

Be sure the person making the appeal states clearly the pu pose for which your contributions are being solicited. Don rely on promises made over the phone. Request that th appeal be made in writing and sent to you; always make co tributions by check, payable to the organization, not to an individual; request precise information on the charitable o ganization's tax-exempt status; get a free copy of "Guides f Giving" from your local Better Business Bureau. Also sen 50¢ and a self-addressed, stamped envelope to the Counc of Better Business Bureaus, 1150 17th St. N.W., Washingto D.C. 20036, for *Use Your Head As Well As Your Heart*, a li of charitable organizations meeting (or not meeting) th Council's standards.

Several corporations in which I own stock are badge ing me to join their so-called dividend reinvestmen plans—under which the cash dividends I'm paid a automatically reinvested in additional shares of th stock. Is this a sound idea?

If you're a small shareholder, the plans do offer these maj advantages: Your increased investment brings you addition dividend income which, when reinvested in more share brings you more income, etc. It's like compound intere earned in a savings bank; reinvested dividends build up themselves. You can invest your dividends, whether th total full or fractional shares, and you receive detailed recor keeping statements after each dividend reinvestment. Yo may join or leave the investment plan any time you choos and you may use the program, whether it is operated b your corporation itself or by a bank acting as an administrato Finally, your savings in brokerage commissions are substa tial (assuming you like the stock *(continued on page 6*


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Firmer!
L'eggs® Control Top
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Queensize.
Choose sheer
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Free!
That's the feeling. New
L'eggs Control Top
pantyhose keeps you
feeling all together
without putting you in
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vailable in Canada.

Psychiatrist's Notebook

Theodore Isaac Rubin, M.D.

Do you really know how to say what you feel? And just as important, do you know how to listen to what's being said to you? Here's how to speak (and understand) the language of lovers.

When I speak of the "language of lovers," I'm talking about a language that does not only apply to people who are in love. This "language" may be used by all people who have a genuine desire to enjoy relationships with other human beings.

And when I talk about the language of lovers, I'm talking about how couples can use speech to communicate ideas, thoughts and feelings as effectively as possible. For people to really communicate, they must listen as well as talk. And they must listen to more than words.

In the broadest and deepest sense, listening means using all our senses to perceive and to observe. Lovers learn to recognize the subtle meanings of body actions: hands, facial expressions, ways of dressing, even smells and skin tones. For example, people use their clothing, the particular activities they desire at different times—even their appetite for food—as a way of expressing their moods and feelings. When we learn the subtleties of emotional communication, that is how we really get to know each other.

This does not, however, mean that listening—even the best listening—is everything. One must also "speak," and the most important speech of all is the kind that conveys feelings. To be able to talk openly is very important—especially when this talk conveys how we feel about ourselves and each other. Lovers get to know each other intimately when they can talk not only about their feelings, but about their likes and dislikes, their desires and their hopes.

New lovers must talk—and they must be open, patient and willing to struggle to understand each other. Because the same words don't always have the same meaning to two individuals, there may well be initial misunderstandings.

Lovers are interested in reaching out to each other and in touching and being touched—through all the nuances and uses of love language. Getting to know another person, understanding the needs and feelings that they don't always express with words, takes a great deal of time and work. In achieving this understanding—probably the most soul-satisfying connection of all—there are some extremely important *do's* and *don'ts*.

1. Couples should try to give each other emotional room. Lovers are eager for closeness, and that is only natural. But they also must learn to respect each other's individual needs, desires, rhythms and moods.

2. Remember that language is a tool that should be used to understand one's partner, to convey understanding of one's self.

3. Language should never be used to manipulate a partner or to make the partner over. Neither is it a loving act to impose your own will and desires on a relationship.

4. If language is used to blackmail or to punish one's partner it is disastrous to a relationship.

5. Partners who are interested in being "right," in getting even, can never create a bond of love and trust.

6. In using the language of love, partners should not make judgments and moral equivocations. Instead, it's best to be concerned with helping each other, with solving their problems together. Lovers should permit—indeed encourage and support—the expression of all feelings, even angry or negative ones.

7. People who love each other do not exploit each other, nor do they use each other as a means to fulfill their own ambitions.

8. People who are trying to use the language of love do not use sullen silence as a weapon; nor do they harbor or sustain grudges. These are absolutely poisonous to love's language.

9. Every attempt must be made to build common interests, areas of mutuality and an understanding and respect for each other's values. But loving partners must be comfortable with their areas of disagreement.

10. Try to accept the limitations, conflicts and complexities inherent in being human. Then try to minimize grandiose illusions and exorbitant expectations about people in general, and each other in particular.

11. Lovers do their best to truly love and take care of themselves, and to fight against any self-hatred. This is the best guarantee against projecting hate and blame on to their partners.

12. Lovers learn that their language is always enhanced by caring for and about each other, by sharing problems as well as fun.

There is no such thing as perfect communication between people—no matter how hard they try, no matter how gentle and understanding they want to be. Misunderstandings are inevitable; people are not perfect. There are many times when we falter, when personal pride or confusion cause a communication breakdown. But when the feelings and good intentions are there, even failure can be used constructively.

Is the struggle for mutual understanding worthwhile? Of course it is! The language of lovers is the stuff of life itself. It springs from the depths of our humanity and contributes a great deal back to our humanity. It is a language designed to give us much needed closeness, warmth and happiness, too. And it can grow as we can—all the days of our lives. **End**



My First Day With Stayfree® Maxi-Pads.

I'll never forget that day. It was the first time I had ever used a napkin without a belt. It wasn't a great day to experiment, but I was glad I did!

STAYFREE worked even better than I had expected. It did everything it was supposed to do.

A friend of mine told me that STAYFREE had an adhesive strip that holds the napkin right onto your underwear. Well, the idea of no belts or pins really appealed to me. A lot.

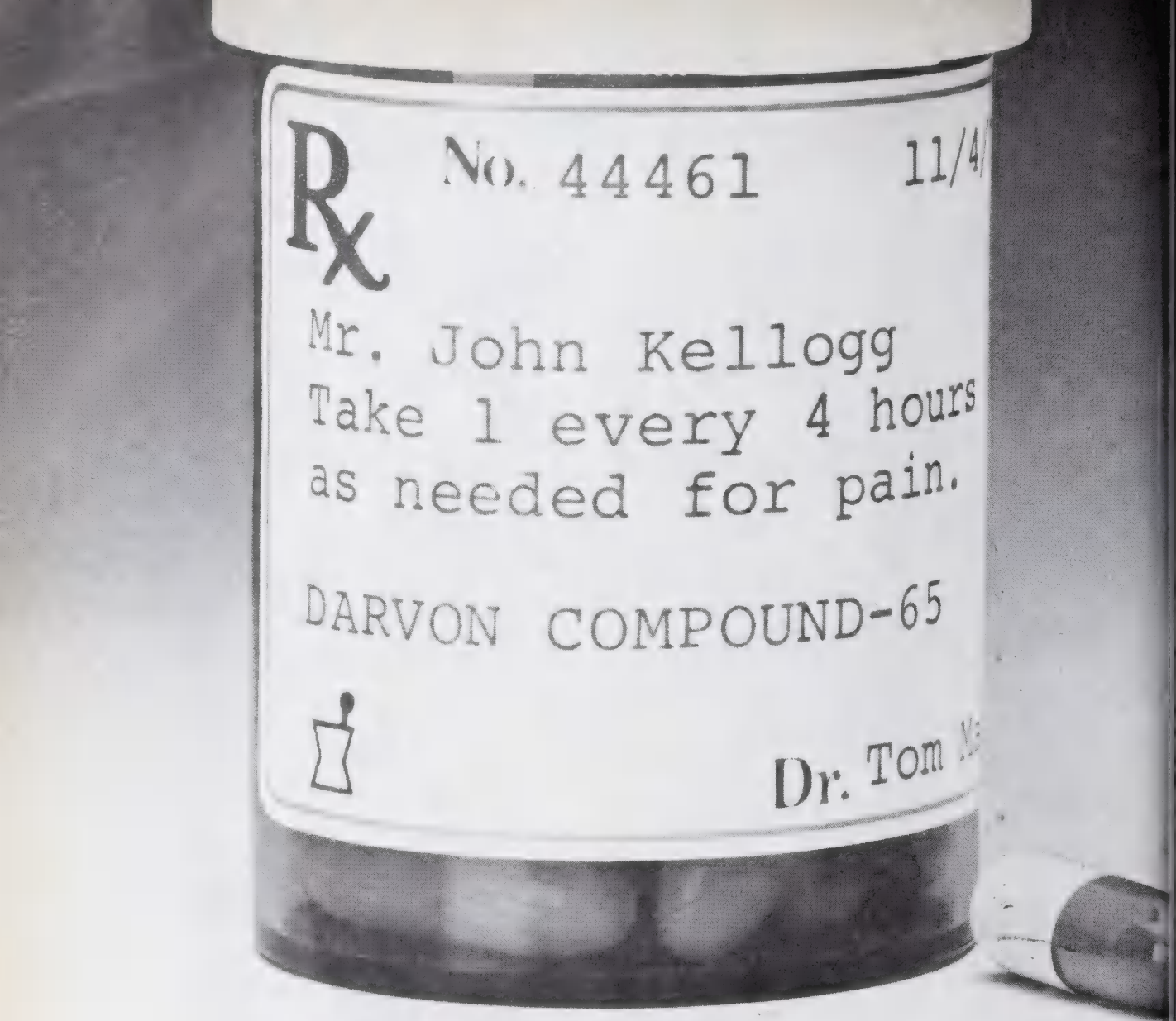
Then I read that they also had a moistureproof shield. The shield covers the bottom and sides of the napkin, so it repels moisture and prevents staining.

Thanks to STAYFREE Maxi-Pads, I was able to take my skating lesson. In fact, I felt so comfortable and secure with them, I even wore my new skating skirt.



For active women. Like you.

STAYFREE is the trademark of Personal Products Company, Milltown, N.J. 08850. © PPC 1976



Effective.

The extra-strength non-aspirin in Datril® 500™ work

*Hopkinson, J.H. et al. Effective Pain Relief: Comparative Results With Acetaminophen In A New Dose Formulation, Propoxyphene Napsylate-Acetaminophen Combination, And Placebo Propoxyphene Compound-65 Versus Placebo: A Double-blind Study of Effectiveness And Safety." *Curr. Therap. Res.* 17:452-459, 1975. The kind and amount of analgesic (acetaminophen) e



More effective.

tter than two leading prescription pain relievers.

Datril 500 is a non-aspirin pain reliever from Bristol- 's for the relief of headaches, minor aches and pains. You can buy it without a prescription. Yet, in tests nst two leading prescription pain relievers, here's two major medical studies reported: *The extra- ngth amount of non-aspirin in Datril 500 was signifi- y more effective in relieving pain. More effective both Darvon* Compound-65 and Darvocet-N* 100. These prescription products are effective. But the milligrams of pain reliever Datril 500 puts into two ts were even more effective. Use only as directed.

Datril 500. From Bristol-Myers.

Res. 19:622-630, 1976. Smith, M.T. et al: "Acetaminophen Extra Strength Capsules Versus ts are the same as that contained in two tablets of Datril 500.

STORE COUPON
LHJ-78



SAVE 15¢

ON DATRIL 500

TO THE CONSUMER: CAUTION! Don't embarrass your by asking to redeem coupons without making required purchase. He must coupons properly to get his money back. REMEMBER, coupons are good only on the brands called for. Any other use constitutes fraud.

TO THE DEALER: You are authorized to act as our agent for the redemption of this coupon on specified size(s), brand(s). We will reimburse you for the full value of coupon plus 5¢ for handling, provided you and the consumer have complied with the terms of the offer. Any other use constitutes fraud. Mint condition and gang cut coupons (coupons not circulated to, and by, the consumer) will not be redeemed. Any failure to enforce any terms or conditions hereof shall not be deemed a waiver of them. Consumer must pay any sales tax involved. Invoices proving purchase of sufficient stocks of our brand(s) to cover coupons presented must be shown on request. Coupon void when presented by an outside agency, or broker, or otherwise abused, or where prohibited, taxed or otherwise restricted. Good only in continental U.S.A., Alaska and Hawaii and all APO/FPO addresses. For payment, mail coupons to BRISTOL-MYERS COMPANY, P.O. Box R-7090, El Paso, Texas, 79975. Cash value 1/20 of 1¢. © 1977 Bristol-Myers Co.

LIMIT ONE COUPON PER PURCHASE.



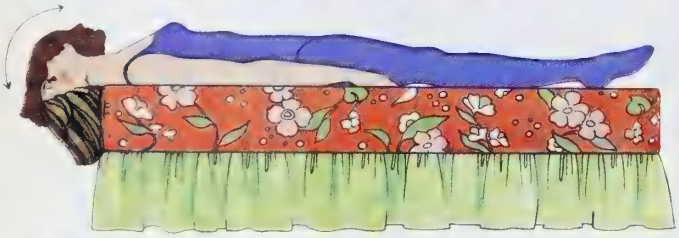
Beauty Journal

Sweet hints for February—from fancy braiding to how to be a snowbound beauty.

TIPS FOR YOUR FINGERTIPS

Even if you're a nail biter or habitual breaker-offer, there are certain tricks to get things growing. • First step for a chronic chewer is to try to get nails out beyond the tips of fingers. Once there, you're usually so pleased with yourself, you break your bad habits. Tips: Get a professional manicure—to get the right shape (however short). • Or, have fake nails applied (either the build-up or glue-on kind). Their good looks (plus money spent) may stop you while your real nails grow out underneath. ▪ Paint that awful tasting stuff on nails to discourage biting. • Wrap translucent tape around fingertips during known stress times (television, movies, studying, taxes). If chew you must, chew on tape. ▪ Lacquer all ten tips with the brightest red polish. Embarrassing? Do something about it. Or, if that's too drastic, coat with lots layers of protective clear enamel. • O beyond the magic mark (over edg strengthen any weak or chipped nails w a technique called wrapping. You mending or fiber papers (at drugstor and glue. Wrap over nail top and under edges for more s port. • If wearing false nails, keep them medium long u you get accustomed to handling them. • Do everything preserve your nails. Pick up objects with the balls of your gertips. Never use nails as tools. Dial the phone with a pen keep rubber gloves handy for dishwashing, gardening glo for planting. Grab a knife to open packages, tab-topped bo • Always file in one direction; seesawing back and forth we ens nails. • It takes 3-5 months for a complete nail to gr out. Take good care of yours.

EXERCISE OF THE MONTH



Q. *All of a sudden, the skin on my neck looks horrible . . . wrinkles, wrinkles, wrinkles. Is there anything I can do to take care of this area?—B.Q., San Gabriel, Ca.*

A. Exercise instructor Marjorie Craig calls her exercise, "The Head Raiser." It's designed specifically to "help alleviate a crepy neck." This one tones up that thick strong muscle on the side of your neck. To do: Lie down on a bed with your head hanging over the edge. Slowly raise head until level with body. Slowly lower head back down. Do 10 times daily.

WINTER WONDERS

Out there in Jack Frost land, you know how winter weather can nip when the temperature dips. ▪ Wind, sleet or snow can cause hair to become electric and fly-away. Becalm instantly by spraying Static Guard on hairbrush. By Alberto Culver; 9 oz., $1.89. • That bright glare bouncing off the nearby drift should be shielded. New snow/sunglasses by Cool-Ray. Snowbirds and Snowmen, $5–$10. ▪ On-or-off the slopes, seal your lips against chapping or sunburn. Kristi Lip-Cote by Bonne Bell, 60¢. • Those hands that forget to wear gloves—soothe with Extra Strength Vaseline Intensive Care Lotion; 10 oz., $1.99. • Nails need an extra coat in winter, too. Or, they can be as brittle as ice. Now, nail hardener and color combined. Andrea Acrylic Shield Protective Nail Hardener, $2. ▪ Heading South? Save your pale skin with a sunblock; waterproof; lasts 4-5 hours. Solar Cream by Doak; 1 oz., $5. • For warm walking, Layered insoles to keep feet toasty and dryer. By Dr. Scholl, $1.98 pair.

FRAGRANCE MEMO

Presenting . . . an extravagant fragrance that will make want to stand on your toes and dance with delight: Pavlo named for the romantic and legendary Russian dancer. T perfume is exquisitely packaged—with hand-painted flow on the bottle and on the black lacquer box. Expensive. Lig er, but still ethereal—the eau de toilette, 2 oz., $12.50. Fr Payot. ▪ Everybody has different chemistry. That's w makes you you and me me. Proclaiming its individua fresh & clear: a happy new scent called "Me!" Long Last Cologne; 2 oz., $6.50. From Coparel. • And if, at this par ular Valentine season, someone dear wants to give you moon, or at least something very special, you might consi Jean Patou's limited edition jade green bottles, filled wit oz. of 1000 de Jean Patou. The bottle is based on an 18 century Chinese design. $70 each.

BRAID & FANCY



One of the pluses of long hair—it's versa Just for fun—try braids. For the pr plaiting, left, hair stylist John Dell of Boston sectioned off hair at temples, divided it into 3 eq parts and wove them togethe you braid when wet and shake you'll get the new frizzy look. • go all out for something as intricately designed as a labyri —corn-rowing, right. This look (by stylist John Atchison New York) was created by continually weaving the hair c to the scalp. Unless you're extra-dexterous, it's best to have other fingers do the working. Even simple designs are time-consuming. Hints: Establish design before starting out. Keep parts neat and straight. Corn-rowed hair can be left in place for up to 2 weeks. You can wash your hair by standing under a shower. Apply shampoo to scalp (in the grooves) with fingertips. Let water flow over head.





Illustrations by Theo Kliros; border design by Julia Noonan.

You may already be a winner in the

$50,000

instant ca$h™ SWEEPSTAKES!



You have 5 chances to win a $10,000 Grand Prize or one of 1,252 other cash prizes!

Just match the 5 INSTANT CASH numbers on the cents-off coupons to the numbers on display at a participating store!

How to find out if you have already won

$10,000

- Take each of the cents-off coupons to a participating CHESEBROUGH-POND'S retailer.
- Compare each of the 5 serial numbers on the INSTANT CASH cents-off coupons to those on the INSTANT CASH display.
- If any one of the 5 matches... you'll know you're a winner! And you'll know—instantly—the cash prize amount! $50,000 in cash prizes given away!

Grand Prize	$10,000
2 Second Prizes	$2,500
50 Third Prizes	$100
1,200 Fourth Prizes	$25

- Your cash prize is sent to you via mail.
- Even if you do not have a matching serial number you may still be a winner in a random drawing for unclaimed prizes.
- See Official Rules On Pop-Up Card.

an't lose because these store
ıpons alone are worth 60¢!

Instant Cash™ is a trademark of Promotional Marketing Corporation, Westport, Connecticut.

Smoke Detectors

Ralph Nader

Smoke detectors save thousands of lives each year, but there is some dispute about which type is best. Here, some tips from the consumer crusader.

"Isn't that doll in the middle worth the price of a smoke alarm?" is the question asked in an ad that pictures a little girl sleeping in a bed surrounded by her dolls. Millions of home owners must be saying "yes," judging by the five million smoke detectors sold in 1976—and an even larger sales volume registered in 1977. Since fires annually cause about 12,000 fatalities—and many more burn and inhalation injuries—29 state building codes require smoke detectors in new homes. And the Department of Housing and Urban Development has similar requirements for homes whose mortgages it guarantees.

Photoelectric vs. ionization alarms

But when consumers decide to buy a smoke detector, they must also decide which of the two types is both effective *and* safe. It is this question of safety—whether the smoke detector itself can cause harm—that is drawing the most controversy.

Smoke detectors are designed to alert a home's occupants that there is a fire so they have time to call for help, to put it out, or to escape. There are two types of detectors: the photoelectric alarm and the ionization alarm.

Photoelectric alarms—operated by batteries or household currents—are activated by smoke particles interrupting a beam of light. The other type of detector, the ionization alarm, contains americium-241 (a few contain radium-226), a radioactive metal that charges or "ionizes" the air in a tiny chamber to create a weak electric current. When particles from a fire reach the chamber and interfere with the current's flow, the alarm will go off. Both types of detectors list for about $35 to $40, although there is widespread discounting of prices.

Smoke detectors are expected to sound the alarm for different kinds of fires. These include the smoldering fire—in a mattress or chair, for example—whose smoke, toxic gases and flames are by far the major cause of home fire fatalities—and the far less common smokeless fire. Generally speaking, the photoelectric detector works faster with smoldering, smoky fires and the ionization type sounds the alarm more quickly for the smokeless fire.

Under questioning, however, representatives of companies on either side of this controversy admit that both types of detectors give occupants adequate time to escape. Richard Bright, the National Bureau of Standards (NBS) fire research engineer says that, "given the present state of knowledge, either detector can suffice." A study done by Underwriters Laboratories and the Illinois Institute of Technology shows "no apparent difference in life-saving potential between ionization and photoelectric detectors."

The major consumer concern, therefore, is the question of risks posed by the radioactive ionization detector. The Nuclear Regulatory Commission (NRC) has licensed the ionization detectors of about 21 manufacturers. Both the NRC and these manufacturers believe that the radioactive material, which lies between laminated layers of gold and silver foil in the ionization detector, is not dangerous.

Scientists, however, acknowledge that americium, the chief source of radiation in the ionization alarm, can be a powerful cancer-causing substance. And since americium takes 458 years to lose half its potency, detectors containing this substance can be hazardous for a long time.

Critics of radioactive detectors ask: why take any risk when other types of detectors, devoid of an inherently dangerous element, can alert people to fires? They also ask if workers in the plants that make these radioactive detectors are protected from exposure to this dangerous substance. They wonder about possible manufacturing defects that could release the radiation source into the environment. One ionization detector company had to recall its product because the detectors ignited spontaneously.

Fire and radiation leakage

In addition, critics question why the NRC has not required that all marketed detectors be pretested to show what effects an actual fire has on radiation leakage. There is very little information at present in this country about the extent of radiation exposure to families or firemen during an actual fire. In Britain, government tests found that some home detectors emitted excessive radioactivity under the temperature of a typical home fire, and the manufacturer agreed to make the necessary changes. Our government is now conducting similar tests.

What is more disturbing is that people with ionization detectors in their homes have no way of detecting any leakage since radiation is invisible, silent and odorless. Consequently, exceptional legal and engineering precautions must be taken.

The NRC does recognize the need to provide for waste disposal of used *(continued on page 37)*

"Every time you style your hair you do a little more damage. 30 minutes with condition* will help undo it."

David Daines.
DAVIAN SALON



irblowers, heat curlers and curling are the greatest things that ever happened to hair styling. Without them, the marvelously flattering new hairstyles couldn't exist.

Of course, the new lengths and silhouettes mean women are spending more time on their hair. Shampooing it more often. And, ally, more frequent shampooing means frequent styling. More brushing and ing. More hair damage.
at's why, if my customers do any styling, I recommend condition* st once a month.



Do your hair minutes worth of good.

condition* is the 30-minute treatment, so it has plenty of time to do its good work. First, to help repair the damage that frequent shampooing and styling already may have done. And then, to help protect hair against any further damage.

Thick, creamy condition* is specially formulated to help recondition damaged hair. It actually penetrates deep into the hair shaft, seeking out trouble spots. Then the protein-rich formula goes to work restoring body. Helping to repair splits and breaks.

After one condition* treatment even overheated, overtreated hair looks healthy and shiny again. Becomes bouncy and well-behaved.



Don't stop using blowers. **Just start using condition.**

Naturally, you want your hair to look good and healthy. No matter how much shampooing and styling your new hairdo calls for. That's why today—more than ever before—your hair needs condition.*"

condition*

The 30-minute treatment for mistreated hair.





irol, Inc. condition is a Registered Trademark of Clairol, Inc.



So many of us moved away from the cities to pursue the golden dream—clean air, clean streets, clean living. For many that dream is now a nightmare. In this excerpt from a coming best-seller, the author of Our Crowd asks: Where do we go from here? By Stephen Birmingham

They came to the suburbs in pursuit of a dream—the way, in the 1920's, people flocked in droves to Florida looking for a land of sun and space. They came in search of green grass and trees; they were looking for a place where children and pets could run and play unattended, where there was room for a garden, a terrace, a backyard swing, a swimming pool, a tennis court, or even a gazebo. They came to escape the city's dirt and noise and crime and traffic, and to escape the tyranny of rents and landlords. They came to claim the promise of better schools, lower taxes, less indifferent police, more convenient shopping, to find an amorphous quantity called "greater freedom"—and to leave behind the alleged anonymity of city living. Many came for racial reasons, to escape what seemed an "invasion" of blacks, or Puerto Ricans, or Jews, or Mexican-Americans. More than anything else, they came because the suburbs symbolized the Good Life, and one of the most important factors of the Good Life—in America, at least—has been to own a home of one's own, or at least own a part of it, and to be invited to join the country club. The suburbs symbolized "making it." They came by the millions.

The flight to the suburbs began before the turn of the century, encouraged at first by the coach and ferry, then spurred by the development of the railroad and automobile. By 1925, suburbanization had become a national trend. But it was not until the economically booming days of the 1960's that the trend became a roaring phenomenon. In the decade between 1960 and 1970, the 25 largest cities in the United States had, all together, gained about 710,000 in population. Their suburban areas, meanwhile, gained 8.9 million people—or 12 times more. The suburbs of New York, for example, now have more residents than the city itself—nearly nine million.

The escapees to the suburbs found many of the things they were looking for. But they also found much they did not bargain for: spiraling taxes, soaring real estate prices, schools that often seem less than satisfactory. They also found drugs, and crime, and dirt, and noise from the freeways. They found zoning battles, bond-issue fights, dirty politics, corruption in government, water shortages, crab grass, red spider and the Dutch elm disease. They watched the encroachment of industry, of high-rises, of tract developers and shopping centers set amid acres of asphalt. They watched the racial minorities they hoped to avoid follow them, and they cursed at suburban rush-hour traffic jams. They discovered the value of fences, and they discovered boredom. Most of all, they discovered a sense of disorientation, the indefinable "feeling of separation" that living in suburbia so often seems to create.

One thing that has happened in the affluent suburbs over the years is that the affluent residents have grown older. Young couples who flocked to suburbia in the years immediately after World War II and who, in a deflated post-war real estate market and with G.I. loans, bought properties and built houses—to which have been added swimming pools, saunas, tennis courts and burglar-alarm systems—are now past middle age. Their children are grown and, in many cases, have children of their own. In Rye, N.Y., for example, the average resident in 1955 was 36 years old. Today the average age is 47. With age has come a conservative stance—an opposition, for instance, to increased school taxes, from which suburban school systems have suffered. While the cities have become predominantly Democratic, the wealthy suburbs are now predominantly Republican.

The suburban population growing older, more stodgy, more set in its ways . . . neighborhoods, changing for the worse or becoming prohibitively expensive . . . integration, or the lack of it . . . threatened school systems . . . taxes . . . battles for (and against) zoning changes . . . heavier suburban traffic . . . noise from the thruways . . . the air-pollution level. These are the topics that dominate suburban cocktail party conversation in the late 1970's, that are discussed around the pool and outdoor barbecue, in the indoor sauna, at the beauty parlor, in the supermarket and at the garage sale. These issues, and others like them, must turn a younger generation sour on the suburbs, and send them fleeing to farms in rural Vermont—or back to the cities their parents fled. "We worked so hard to get away from Houston Street!" says a New York Jewish mother whose daughter has moved into a loft apartment on that very street.

For the young, the city may be the place to lay roots. In fact, signs of a back-to-the-city movement already are beginning to show. For example, the Washington Center for Metropolitan Studies reports that in 1977 newcomers to the city were mostly young, college-educated and from the middle and upper-middle class. What's happening in Washington is being repeated in many cities—in the South End of Boston, the Park Slope section of Brooklyn and Queens Village in Philadelphia.

On the one hand, the well-to-do young newcomers are a blessing to the old cities. By rehabilitating once-fine houses, they are reviving decayed neighborhoods. Rundown tenements are being sandblasted and gutted, fitted with skylights, new plumbing and air conditioning. Rundown areas become prettier and safer, and they attract new businesses—all of which help a city's often-sagging tax base. But on the other hand, there is the other inexorable conse- *(continued)*

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At $3702,* it's a steal.

The new Chevy Nova Coupe's price is almost too good to be true. Because Nova's one of those rare cars that keeps its own special appeal year after year: A great combination of quality and value.

Police Nova: proven in 47 states.

Police departments all across the country have tested and applauded specially equipped Novas for their durability, reliability and overall rugged performance. They've made it the best-selling police compact in America.

Now the same people who build the Police Nova build a Nova for you. And they both have strong reputations.

16 years of experience.

Chevy Nova's a veteran. It's been dependably pleasing people for 16 years. There's been a lot of improvement along the way, and a remarkable four million sold.

Easy on gas. 26 MPG hwy. 19 MPG city.

Nova, with its standard 250 Cu. In. 6-cylinder engine and manual transmission, achieved those EPA estimates. Manual transmission not available in California, where estimates are 21 mpg highway, 15 city, with available automatic transmission. Your mileage depends on how and where you drive, your car's condition and available equipment. The Nova is equipped with GM-built engines produced by various divisions. See your dealer for details.

Chevy Nova. A wanted car.

*Manufacturer's suggested retail price for Nova Coupe, including dealer preparation. Available full wheel covers ($37) and white stripe tires ($36) shown. Tax, license, destination charges and available equipment are additional. Priced higher in California.

Chevrolet

SEE WHAT'S NEW TODAY IN A CHEVROLET.

©1977 R. J. REYNOLDS TOBACCO

Enjoy Salem Lights



The only low tar menthol cigarette with Salem satisfaction.

Enjoy the satisfying cool taste you expect from Salem. Salem Lights and Lights 100's, the Lights that say enjoy.





Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

LIGHT 100's: 9 mg. "tar", 0.7 mg. nicotine. LIGHTS: 11 mg. "tar", 0.8 mg. nicotine, av. per cigarette. FTC Report AUG. '77.

Ralph Nader Reports

continued from page 32

oke detectors. Its licensing regula-
ns specify procedures for disposal at
vate, NRC-licensed "burial" facilities.
reover, consumers are now advised
h each detector to return used units
the distributor or manufacturer. But
NRC does not enforce this process.
uming the company is still in busi-
s five or ten years later, is it realistic
expect that a significant proportion of
units sold would be returned volun-
ly for secure disposal?
The National Bureau of Standards has
nted out that many industrial ioniza-
detectors and at least one brand of home ionization detector require routine manual cleaning. However, if the detector foil is misaligned, chips of americium could come loose on the cleaner's finger.

A final complaint is that radioactive detectors may hasten the marketing of other household products containing radioactive substances for purposes that can be achieved just as efficiently by non-radioactive products.

Dr. Karl Z. Morgan of the Georgia Institute of Technology, one of the world's leading health physicists, declares that "some americium will certainly seep into the soil and water. . . . Even though the risk may be small—and I'm not saying it is—when you have millions of these smoke detectors, and you multiply a 'small risk' by a large number, the risk can be much larger."

Dr. Edward Martell, a radiochemist with the National Center for Atmospheric Research in Boulder, Colo., calls the widespread distribution of radioactive smoke detectors "grossly irresponsible."

The NRC counters these observations by declaring that the amount of radioactive material is very tiny and that any accidental radiation leak would be "negligible." What troubles specialists such as Dr. Morgan is that there is no need to incur any risk of human radiation exposure because safer ways exist.

Readers who want more details should send a stamped, self-addressed envelope to: Dr. Sidney Wolfe, Health Research Group, 2000 P Street N.W., Washington, D.C. 20036. **End**

TROUBLED SUBURBS

continued

ence. Like displaced war refugees,
usands of the established tenants are
hed elsewhere, often deep into poor
ghborhoods.
Besides displacement, rising taxes are
roblem. In the Mount Adams section
Cincinnati, a number of people
ght old houses and expensively ren-
ted them. The neighborhood has
"gone rich" in any sense, but less
uent neighbors of the rich newcomers
ght the spirit and added decorative
ches, such as window boxes, to their
nes. All at once, a once-dowdy neigh-
hood took on an air of turn-of-the-
tury graciousness. One Mount Adams
n, who is not rich, owns the empty
ce next to his house, where he op-
es a small parking lot. Recently the
raised his taxes on the lot, offering
an explanation, "A nice house could
built there." Now the man is forced
aise his parking rates, which neither
ps the neighbors who use his lot nor
s it do much to build good feeling in
neighborhood. "If cities would leave
ghborhoods alone," he says, "neigh-
hoods would get along just fine."
ich makes more than a little sense.
One wonders what the children of the
uent in-city people will do. Will city
lose its luster for them, will rising
es push the next generation outward
ome unnamed suburb of the future?
l restored neighborhoods, in time,
ome slums again—the rich and the
r, the young and the old, shifting
kward and forward against each oth-
Is American life and American living
ays in a seesaw motion? Some city
nners believe so. "The traditional ap-
ach in America is that we use up
ces, and then move on," says Harvey
Perloff, Dean of architecture and ur-
planning at the University of Cali-
nia at Los Angeles.
Of course, if the direst predictions
ut future shortages of fuel and ener-gy come true, the suburbs will be no haven from our "used up" city neighborhoods. There will be no gasoline for the automobiles that propelled the rush to the suburbs in the first place, and that are still the suburbs' lifeline. There will be no gas for the power mowers that manicure suburban lawns, to say nothing of fuel for heating swimming pools. But meanwhile the suburbs continue to expand and proliferate. At latest count there were more than 20,000 suburban communities in the United States, and the number grows daily. It has been estimated that the suburban population in the last 15 years has accounted for 75 percent of the nation's growth. The suburbs are emerging as our newest majority. As Samuel Kaplan, Director of the New York City Educational Construction Fund, says, "The quintessence of America is now suburbia. It is in suburbia that most of the nation's growth is occurring—in population, in jobs and in power. After growing from a nation of farms to a nation of cities, it is clear from all signs that America has become a nation of suburbs."

To be able to "move on" is a luxury that still is not affordable to everyone. It is a truism to say that the rich have always had it better than the poor, and that the haves—at every level of society and at every stage of history—have had more mobility than the have-nots, whether the move is by camel caravan or air-conditioned limousine. It is true also that the American rich are often bored, often restless. It seems certain that the restless privileged of America never will be content to be settled in one place for very long, and will always be pushing outward or inward—into the bustling cities one moment, out to the wooded hills the next, searching for something of the past with one hand and something of the future with another, pursuing some suburbia of the mind, chasing the dream of the good life, the *perfect* life, that must exist, or be made to exist, on some patch of real estate or another.

Hooked into the dream of the "upwardly mobile"—a term we Americans invented—is the certainty that whatever inconveniences life may present us at the moment, wherever we may be, this, too, shall pass. To help it pass, we move on. To a new house in, we hope, a better neighborhood. **End**



"I now pronounce you woman and husband."





Come inside and discover the values in Sears Open Hearth Country Home.

Courtship Rose bedroom and bath. Bedspread just $36.99 twin Sheet just $5.99 twin.

Sears has created the Open Hearth collection to refl the glowing warmth of an old-fashioned country ho A home that Grandpa designed for sturdiness and du bility and Grandma decorated for comfort and cozin



t in the Courtship Rose bedroom with its lush tic feeling. Sheets are a practical 50% combed cotton 0% polyester Perma-Prest® percale. Comforters take me percale sheeting then get filled with plump poly- ill.

Courtship Rose is only the beginning. Come along s through the many pages of Sears country collection. ilable now in most larger Sears retail stores.

ship Rose linens:

dspread	$39.99
edspread	$36.99
eet (flat or fitted)	$ 6.99
heet (flat or fitted)	$ 5.99
mforter	$35.99
omforter	$29.99
d ruffle	$14.99
ed ruffle	$13.99

Courtship Rose accessories:

Lined pinch pleat drapery (48-in. x 84-in.)	$19.99
Rod pocket panel (60-in. x 84-in.)	$ 7.99
Bath towel	$ 4.99
Double shower draperies	$24.99
Patterned rug (24-in. x 36-in.)	$ 9.99
14-in. sq. Emperor pillow	reg. $5.99 Sale 2 for $10.00

Save on Open Hearth bedroom furniture:

Full size genuine brass bed (including rails)	reg. $519.95	Sale $459
Queen size genuine brass bed (including rails)	reg. $572.95	Sale $499

Prices higher in Alaska and Hawaii.

Prices good from January 22 thru February 25, 1978.

Sears Open Hearth Country Home.

Only at Sears







OPEN HEARTH

Come inside and save on Sears coordinated country kitchen.

Cape Cod curtain now just $2.99.
(84-in. x 24-in.)

Sears country kitch[en] warm, sun-splashed look you'll love to surroun[d] with. Cheerful patterns play across dinnerwar[e] while complementary patterns on the curtains [accent].

Inheritance Cape Cod curtain has six sizes and sixt[een] colors on sale. In dinnerware, you can save on 45-pi[ece] sets in three patterns. Casualware that matches up with four patterned lamps in either table or accent sizes. And all available now in most larger Sears retail stores.

Save on Open Hearth accessories:

Cape Cod curtain (84-in. x 24-in.)	reg. $ 4.99	Sale $ 2
Inheritance priscilla (100-in. x 81-in.)	reg. $16.99	Sale $11
Petit Flora priscilla (100-in. x 81-in.)	reg. $19.99	Sale $16
Country French curtain (68-in. x 24-in.)	reg. $ 4.99	Sale $ 3
Tablecloth (52-in. x 70-in.)	reg. $ 9.99	Sale $ 7



piece Federalist dinnerware sets:

e Federalist	at regular price	$49.99
ercup Yellow	reg. $59.99	Sale $49.99
ntry French	reg. $79.99	Sale $59.99
Flora	reg. $69.99	Sale $59.99

t Flora and Country French accessories:

towel	at regular price	$ 1.89
cloth	at regular price	$ 1.19
holder	at regular price	$ 1.29
emat	at regular price	$ 2.49

e on Federalist lamps:

te Federalist accent lamp	reg. $19.99	Sale $15.99
te Federalist table lamp	reg. $29.99	Sale $24.99
ercup Yellow accent lamp	reg. $19.99	Sale $15.99
ercup Yellow table lamp	reg. $29.99	Sale $24.99
Country French accent lamp	reg. $29.99	Sale $24.99
Country French table lamp	reg. $39.99	Sale $34.99
Petit Flora accent lamp	reg. $29.99	Sale $24.99
Petit Flora table lamp	reg. $39.99	Sale $34.99

Save on Open Hearth kitchen furniture:

Round table and four chairs	reg. $529.95	Sale $469

Save on Open Hearth floors:

Footlights Supreme carpeting sq. yd.	reg. $8.99	Sale $7.99

Prices higher in Alaska and Hawaii.

Sears Open Hearth Country Home.

Only at Sears



Come inside and save on Sears Lyric drapery. Now just $10.99.

(48-in. x 84-in.)

Build a living room as warm as a family gathering, as cozy as a winter's evening around a crackling fireplace.

Start with the nubby textured Lyric drapery, available in nine rich shades. And as easy to machine wash as it is to dry clean. Go on from there to save on the Open Hearth sofa sleeper, a terrific way to put up overnight guests with ease and style. It's all available in most larger Sears retail stores.

Save on Open Hearth draperies:

Lyric drapery (48-in. x 84-in.)	reg. $14.99	Sale $10.99
Open Hearth tra[illegible] (30-in. to 48-in.)	reg. $19.99	Sale $16.99

Save on Open Hearth furniture:

Queen size sofa sleeper	reg. $619.95	Sale $549

Save on Open Hearth accessories:

18-cup cabinet	reg. $49.99	Sale $39.99
Country picture	reg. $29.99	Sale $24.99
Magazine rack	reg. $29.99	Sale $14.99
Queen Medley sheet	at regular price	$ 8.49
Full Medley sheet	at regular price	$ 4.99

Prices higher in Alaska and Hawaii.



Save 20% on Sears Colormate bath towels. Now just $3.19.

(Bath Size)

ars plump, thirsty Colormate towels are luxurious
:ton velour on one side and thick cotton terry on the
ıer. And they come in up to fifteen colors plus many
ordinating stripes and patterns.
Colormate accessories—bath rugs to hampers to
er towel sizes—are also on sale for 10-25% off in most
ger Sears retail stores.

Save on Open Hearth accessories:

Colormate towel (bath size)	reg. $3.99	Sale $ 3.19
Bath rug (24-in. x 36-in.)	reg. $5.49	Sale $ 3.99
Bath carpet (5-ft. x 6-ft.)	reg. $28.99	Sale $22.99

(Other Colormate towels and rugs plus other bath shop accessories also on sale.)
Prices higher in Alaska and Hawaii.

Sears Open Hearth Country Home. Only at Sears

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Sears OPEN HEARTH

Come inside to Sears Danberry bedroom.

Bedspread just $24.99 full, $21.99 twin. Sheet just $3.79 full, $2.79 twin.



lroom filled with the look of springtime in bloom. Light
ed florals dress a complete collection of bedroom
, from the Perma-Prest® sheets on the bed to the airy
ns at the window.
nberry. As fresh as a bouquet of just cut flowers in
or rose. Patterned to delight the eye (and at these
, the pocketbook as well), Danberry is available in most
Sears retail stores.

berry linens:

anberry Garden bedspread	$24.99
Danberry Garden bedspread	$21.99
n full sheet (flat or fitted)	$ 3.79
n twin sheet (flat or fitted)	$ 2.79
omforter	$26.99
comforter	$21.99

Danberry accessories:

Fashion curtain (68-in. x 24-in.)	$ 3.99
Ruffle round curtain (84-in. x 24-in.)	$ 5.99
Priscilla curtain (100-in. x 81-in.)	$16.99
Sheer panel (40-in. x 84-in.)	$ 4.99
Full Medley bed ruffle	$ 8.99
Twin Medley bed ruffle	$ 7.99

Save on Open Hearth rug:

Georgetown rug
(42-in. x 70-in.) reg. $29.99 Sale $24.99

Prices higher in Alaska and Hawaii.

Prices good from January 22 through February 25, 1978.

Sears Open Hearth Country Home.
Only at Sears

© Sears, Roebuck and Co. 1978


SALE
January 22
through
February 25, 1978







Come inside and save on Sears lumberjack bedroom and family room. Lumberjack bed, now $499. Save $100.

Bold. Massive. Dramatic. Choose the lumberjack furniture from Sears. A tribute to the rugged individuality of our ancestors, the lumberjack bedroom is sure to become heirloom furniture for your family.

And from Sears Custom Shop, the luxuriously quilted Chandler bedspread, with 6 oz. per sq. yd. of polyester fiberfill. Lined with 100% polyester challis.

Save on Open Hearth furniture:

Lumberjack bed	reg. $599.95	Sale $499
72-in. triple dresser	reg. $445.00	Sale $395
Chest on chest	reg. $380.00	Sale $310
Large hutch mirror	reg. $275.00	Sale $245

Save on Open Hearth accessories:

Queen custom bedspread (Chandler)	reg. $175.00	Sale $150
Full custom bedspread (Chandler)	reg. $150.00	Sale $125
Woven wood window treatment (48-in. x 60-in.)	reg. $120.00	Sale $ 96

Also on sale:

Supreme antique satin fabric, 73% rayon and 27% acetate	reg. $6.00 yd.	Sale $4.50 yd.
Matching sheer drapery fabric	reg. $4.00 yd.	Sale $3.00 yd.
Chandler room darkening shade (37¼-in. x 72-in.)	reg. $ 55.00	Sale $ 44

Lumberjack sofa, now $499. Save $100.

The lumberjack look takes bold steps towards the family room with great success. It's all available, right now, in most larger Sears retail stores and on special order.

Save on Open Hearth furniture:

Lumberjack sofa	reg. $599.95	Sale $499
Lumberjack chair	reg. $359.95	Sale $299
Lumberjack ottoman	reg. $159.95	Sale $139
Cocktail table	reg. $179.95	Sale $159
End table	reg. $159.95	Sale $139

Open Hearth accessories:

Country Plaid drapery (50-in. x 84-in.)		$ 16.99
Kismet Country rug (8-ft. 3-in. x 11-ft. 6-in.)	reg. $599.99	Sale $449.99

Prices higher in Alaska and Hawaii.

Sears Open Hearth Country Home.

Only at **Sears**

©Sears Roebuck and Co. 1978



OPEN HEARTH

Come inside and save $2.00 sq. yd. on Soft Shadows III carpeting. Now just $8.99.

Also save $20 to $120 on many living room pieces.

Sears creates a comfortable Country American setting the Open Hearth living room. And most everything is sale now.

Soft Shadows III carpeting is 100% nylon pile, the m durable carpet fiber there is. And it's available in eighte colors (you'll see more of Soft Shadows III on other Op Hearth pages).

Also save $50 on the three-cushioned living room s It's accented with pine and pine veneers and covered i wide selection of colors and fabrics. Then it's treated w SCOTCHGARD® Brand Fabric Protector.

So let us entertain you with savings throughout the Op Hearth living room, available now in most larger Se retail stores.



on Open Hearth living room furniture:

sofa	reg. $499.95	Sale $449
chair	reg. $329.95	Sale $299
ottoman	reg. $139.95	Sale $119
leeper (not shown)	reg. $619.95	Sale $549
er	reg. $299.95	Sale $279
r end table	reg. $159.95	Sale $139
ail table	reg. $159.95	Sale $139
op desk	reg. $429.95	Sale $399
lmother clock	reg. $639.95	Sale $579

Save on Open Hearth accessories:

Soft Shadows III (per sq. yd.)	reg. $10.99	Sale $ 8.99
Rustique drapery (50-in. x 84-in.)	reg. $19.99	Sale $16.99

(Other drapery sizes also on sale.)

Prices higher in Alaska and Hawaii.

Sears Open Hearth Country Home.

Only at Sears

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SALE
January 22
through
February 25, 1978



Come inside and save $200 on Sears Open Hearth Bedroom. Now just $799.

In keeping with well-designed Country American furnishings, Sears presents the Open Hearth bedroom. It's furniture built for durability with tongue-in-groove and mortise-and-tenon construction. Plus 26-step finishing, from staining through hand rubbing for a smooth and glossy finish.

The bedroom sale price includes the cannonball bed (full/queen size), a triple dresser with deck mirror and the large chest. It's available now in most larger Sears retail stores.

Sears ✱ Best

Save on Open Hearth bedroom furniture:

Sale set includes cannonball bed (full/queen size), 60-in. triple dresser with deck mirror and large chest ..... reg. $999.95 Sale $799

Nightstand ..... reg. $149.95 Sale $139

Rocking chair ..... reg. $149.95 Sale $129

Save on Open Hearth accessories:

Lancaster Patch drapery (48-in. x 84-in.) ..... reg. $18.99 Sale $14.99

Lancaster Patch comforter (full size) ..... reg. $32.99 Sale $27.99

Lancaster Patch pillow sham (standard size, each) ..... reg. $ 7.49 Sale $ 5.99

Lancaster Calico bed ruffle (full size) ..... reg. $14.99 Sale $12.99

(Other sizes of Lancaster Patch and Lancaster Calico merchandise are also on sale.)

Prices higher in Alaska and Hawaii.

Sears Open Hearth Country Home Only at **Sears**

©Sears Roebuck and Co. 1978



Come inside and save $100 on Sears Open Hearth dining room. Now just $999.

Every meal is a special meal in Sears Open Hearth dining room. And the special low price includes the oval table with two leaves, four side chairs, and the buffet with hutch top.

Craftsmen create each fine piece from northern pine and selected hardwoods, then guide it through 26 finishing steps to highlight the wood grain and help protect the surface. The outcome? A dining set built for durability.

Come see the dining room in most larger Sears retail stores. And find savings as special as your Open Hearth meals. Sears Best

Save on Open Hearth dining room furniture:

Sale set includes oval table with two leaves, four side chairs, large buffet with hutch top	reg. $1099.95	Sale $999
Arm chair (not shown)	reg. $ 100.00	Sale $ 90
Dry sink	reg. $ 299.95	Sale $269

Custom made table pad (not shown) fits extended table...at regular price $69.95

Save on Open Hearth carpeting:

Soft Shadows III (per sq. yd.)	reg. $10.99	Sale $ 8.99

Save on Open Hearth accessories:

Gramercy drapery (50-in. x 84-in.)	reg. $19.99	Sale $16.99
Rustique sheer panel (40-in. x 84-in.)	reg. $ 3.99	Sale $ 3.49

(Other drapery and sheer sizes also on sale.)
Prices higher in Alaska and Hawaii.

Sears Open Hearth Country Home
Only at Sears

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SALE
January 22
through
February 25, 1978



Come inside and save $30 on Sears Open Hearth family room sofa. Now just $399.

The Open Hearth family room sofa is built to stand up to the active family's lifestyle. That means a thick-cushioned, pine-accented sofa covered in Herculon® olefin for time-resistant wear (available in five colors).

Many other family room pieces are also sale priced. They, too, are built for durability with laminated table tops for easy upkeep. Come see the livable, durable family room, available now in most larger Sears retail stores.

Sears ✦ Best

Save on Open Hearth family room furniture:

Sofa	reg. $429.95	Sale $399
Matching chair	reg. $239.95	Sale $219
Cocktail table	reg. $ 99.95	Sale $ 94
End table	reg. $ 89.95	Sale $ 84
Game table and four chairs	reg. $599.95	Sale $565
Bar and two bar stools	reg. $429.95	Sale $397
Door bookcase	reg. $229.95	Sale $209
Open bookcase	reg. $199.95	Sale $179
Mate's desk	reg. $239.95	Sale $219

Save on Open Hearth lamps:

Accent lamp	reg. $49.99	Sale $39.99
Table lamp	reg. $79.99	Sale $59.99

Prices higher in Alaska and Hawaii.



Save $40 on the mate's bed. Now just $199.

Save $10 on many other pieces.

Sears has created a very special room to delight your children with its design and you with its durability.

The mate's bed is as tough and sturdy as your kids. And its two roomy drawers will please you both with extra storage. Or choose from many other teen bedroom pieces, on sale now in most larger Sears retail stores.

Save on Open Hearth teen bedroom furniture:

Mate's bed with two drawers and mattress board	reg. $239.95	Sale $199
Four-drawer chest	reg. $149.95	Sale $139
Student desk	reg. $149.95	Sale $139
Desk hutch top	reg. $149.95	Sale $139
Single dresser	reg. $149.95	Sale $139

Save on Open Hearth accessories:

Accent lamp	reg. $ 49.99	Sale $ 39.99
Rustique bedspread (bunk size)	reg. $ 29.99	Sale $ 26.99
Rustique drapery (50-in. x 84-in.)	reg. $ 19.99	Sale $ 16.99

(Other bedspread and drapery sizes also on sale.)
Prices higher in Alaska and Hawaii.

Sears Open Hearth Country Home.
Only at Sears

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Sears OPEN HEARTH

$55, $66 or $77. Choose a firm, comfortable twin size mattress at a fabulous price!

Choose the number of coils you need for the kind of firm support you want. Sears mattresses feature sturdy construction, handsome ticking and built-to-match boxsprings. At *every day* low prices.

$77 Twin Size/316 Coils
312 extra firm coils full size. Luxurious damask cover, polyester insulating pad for comfort, reinforced borders. Boxspring: 72 coils full size.

$66 Twin Size/184 Coils
252 heavy gauge coils full size. Scroll quilt floral cover. Boxspring: 63 coils full size.

$55 Twin Size/184 Coils
252 coils full size. Smooth top floral mattress cover, built-to-match boxspring.

Each mattress is also available in Serofoam polyurethane, with a matching boxspring.

Come discover Sears sleep shop. We have a comforting line of mattresses, including the famous Sears-O-Pedic Imperial. Available in most larger Sears retail stores.

Prices higher in Alaska and Hawaii.

Sears Open Hearth Country Home. Only at **Sears**

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Decorator's Notebook

News and how-to tips for every homeowner, from LHJ's decorating department.

LET THERE BE LIGHT

Every lamp—whether priceless 17th-century antique or modish free-form ceramic—is only as attractive as an effective source of light as the shade that tops it off. Too many shades are too big—turning bases into Munchkins—or too small, giving an embarrassing skimpy, naked look. General rule is for a suitable shade to cover all the workings of a lamp—bulb, switch, harp. If you're replacing a shade, take all measurements with you to the store—top and bottom diameters, and height. If you have just the base without a shade—take it with you to the store. There is no other way. Styles in shades, like styles in everything, come and go. Time was when any color more insistent than ecru was bad taste. Exciting new advance: highly colored, lacquered shades—fire-engine red, deep chocolate and black. Welcome, too, are shades that lend themselves to dressmaker techniques, using matching sofa or curtain fabrics. Very stylish: mixing of patterns—say a flower-print shade, with a gingham ruffle. More innovative shades were seen at the recent home furnishings show in Milan, Italy. Unrelated, but perhaps inspired by the same object were these two: a glass shade made to resemble a kerchief; and a whimsical plain white translucent shade draped with a spangled silk scarf. As to the old translucent vs. opaque question, we don't take sides. Both give good light; each has its own merits for creating mood and drama.

HOW MUCH DO YOU NEED?

Carpet is sold by the square yard. Estimate yardage by multiplying the length of the room by its width, then divide by 9—the number of square feet in a square yard.

Resilient floor tiles are generally 9″ or 12″ squares. To learn the number needed, multiply the length of the room by its width to find the number of square feet. When 12″ tiles—exactly a foot square—are used, you'll need exactly the same number as there are square feet in the room. When using 9″ tiles, increase the square foot figure by one-quarter to find how many individual tiles are needed.

Wallpaper: To estimate the number of rolls needed, measure the footage around the room, multiply by the height of the wall and divide by 30. Deduct 1 roll for every 30 sq. ft. of door and window openings. Add 1 roll to allow for matching large pattern repeats. Though priced by the single roll, wallpaper is always packaged in double or triple rolls; don't think an error has been made when your order for 12 rolls arrives and there are only six or four. For ceilings, multiply the length of the ceiling by its width by measuring the floor area. Divide the square footage by 30 and you'll have the number of rolls needed. Add 1 roll to match pattern repeats.

Paint: Multiply the footage around the room by the height of the wall; deduct the square footage of door and window openings, and divide by the number of square feet one gallon of paint will cover (see paint can label). When two or more coats are needed, multiply by the number of coats. Estimate ceiling area by multiplying length of room by its width, then divide by square foot coverage number. Always read the directions on the paint can label. Paint flows on more smoothly if you follow directions.

MORE IS BETTER

It's always a good idea to save money, but not when it makes the difference between ordinary and extraordinary. Many times, a little extra makes that difference. Take CURTAINS. Triple fullness, particularly when the fabric is thin, gives a much richer look. Nothing looks as under-privileged as skimpy curtains. The same abandon applies to such things as dust ruffles, which should be overwhelmingly *ruffly*. PAINT. You must be won over to the multiple-coat theory. Very few paints (especially light colors) cover in one coat. Two coats, despite the extra work, give surfaces an illusion of greater depth, with a richness you can almost taste. And remember this corollary to the more-is-better theory: Always, always plan your buying of paints and fabrics to include an extra yard or quart to have on hand after the project is finished for repairs and touch-ups. Keep paints tightly sealed (we use a screw-top mason jar); roll fabrics on a cardboard tube and fasten with masking tape. If folded for long-term storage, permanent creases may be set.

COLLECTIONS—PLANNING THE STRATEGY

One of the great joys of travel—be it cross-county or cross-country—is stopping off to browse at roadside antique stores. Most are run by agreeable types who welcome your stopping in, although you may run afoul of the occasional Cerberus guarding the store with irascible bad humor. But whatever the humor of the proprietor, it's best to have a specific strategy before you put a hand to the door. Have something in mind to look for. If you're an avid collector of, say, old postcards, you'll have no trouble; but, too often, one forgets just what it is to look for. Remembering what you collect, even if you don't especially want to buy, gives a purpose to your visit and prevents random wandering. It also gives the proprietor something to do. If you really just want to look, a canny strategy is to ask for something obscure: knife-rests, say, rather than napkin rings; 19th-century English biscuit tins and not chamber pots; needlecases, not pin cushions; steel anything rather than copper or brass. Playing this little game of one-upmanship can be satisfying, but it may also lead to a whole new enthusiasm—so be warned: Needlecases could turn out to be just what you always dreamed of collecting.

Photograph by David Spindel



RINGS OF HAPPINESS

Do you, too, have a knight who must slay dragons during office hours? A modern fairytale for women who worry about men caught in the rat race. By Morton Fineman.

I stirred awake in June sunlight, confused. I wasn't at home with Harry and the children. I was in New Hampshire, in my parents' house with the children, for my sister's wedding. Harry was in Chicago.

In this house, happiness was like a deep dish pie, large enough to provide a generous slice to all. Both children were happy. Of course my parents were happy.

Annette was happy, wandering through her dwindling, unmarried hours with a dazzling, seraphic look. "Choose any word you wish to describe me," she said. "But I am exquisitely happy, Marian, and I refuse to make a secret of it by look or deed."

I believed her.

That left us, Harry and myself.

This week Harry was being unhappy in Chicago, but he'd promised Annette that he'd be at the wedding even if he had to walk all the way back to New Hampshire.

Harry was unhappy because of what was happening to his company —and that took me deep, deep into the badlands. I wished love preferred the capacity for magic so I could say: "I love you, Harry. Be happy." And he could say. "I am happy because you love me." I wasn't looking for a lesson or bottom line kind of wisdom, but I learned anyway about love's limitations during these weeks.

He was vice president, responsible for manufacturing operations of the company he'd been working for ever since he graduated from engineering school. It was the consensus among his associates that the company had become much larger because of his talents and devotion. Now, plump as a ripened melon with potential, it was being taken over by a conglomerate, Barnett Industries, which produced everything from paper towel dispensers to aerospace systems to bicycles.

In the kitchen, I poached an egg and thought of nights when Harry had soliloquized bitterly about his losing battle, his hopeless cause, the flashing tooth enamel when Barnett's legal goblins were assembled around a table. The rest were eager to accept Barnett's generous offer. A hopeless cause was a new experience for Harry. Being so happy at his work had made him a naif, an innocent.

Harry's corporate world wasn't mine. I couldn't offer shrewd counsel about proxies, stock tenders, equity values, capital acquisition strategies or cost intensive products. My world was medieval literature, the subject I taught at the university. In our third world, our private world of marriage, I thought, we spanned centuries.

"Modred," I said. "The villain of villains in the King Arthur legends."

Married to me, Harry had learned, willy-nilly, about old Modred, King Arthur's implacable, vengeful pursuer. His smile credited me with an apt comparison. "Now if you were Morgan le Fay, my sorceress sister instead of Marian, a mere mortal, and I King Arthur, we'd dole out a little counteroffensive magic and shake up those legal goblins."

He was in pajamas, barefooted. He had nice feet and the old-fashioned, romantic notion that something you loved should be preserved, nutured. He was a man with nice feet, pure in heart.

The feet were the first thing I'd noticed long summers ago on the beach at Cape May where I was spending a week with a college friend.

My friend Louise said, "Marian, this is Harry. My brother went to engineering school with him."

We said hello: the very utmost in casual summer afternoon on the beach helloes. I sat under the umbrella and I noticed his feet.

Louise said, "Get her out of that chair, Harry. She's been reading some incredible thing called *The Mabinogion* for hours. Tell her people are supposed to socialize on a summer beach." *(continued)*

Illustration by Peter Schaumann


How can a body lotion that feels so good do so much for your skin?
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RINGS OF HAPPINESS

continued

Harry said, "Socialize on a summer beach." He smiled, the barest smile. "What's *The Mabinogion?*"

"Medieval Welsh mythology," I said. "One of the origins of the King Arthur legends," I added because he looked polite but nonplussed.

"Ask her to throw a Frisbee or something," Louise said. "This is not a day for Welsh mythology."

I threw a Frisbee, played quoits, tennis. Before the week ended, Harry and I walked hand in hand to the end of the rock jetty and I told Harry that we'd had luck this week. And he said "Leave it to me, I'll find the only one reading *The Mabinogion*. Anybody else could have gone up and down the beach all day without finding *that* one." It was warming to be *that* one.

After our wedding, we went to England because of me; instead of bonefishing off the Florida Keys. It was decided though—setting a tradition for amicable agreements—that our very first vacation would be on the Keys, eating conch chowder and turtle steaks, and I would learn how to catch the bonefish. Harry wanted me to be happy and I wanted to learn how to catch bonefish because I wanted him to be happy. It seemed like a beautiful pact. A hopeless cause for Harry was not even an imaginable speculation. The excitement of simply wanting each other to be happy was our great and venturesome cause.

Harry and England were always together in my mind after that. We visited all the places of the Arthurian legends I had longed to see. Harry and the yellow-gold mustard fields in the Cotswolds; the tiny rented car creaking along with books and luggage everywhere and sheep visible in the misty morning became England for me. Going there without Harry (as I've done since) was always different, an emptiness.

Annette came into the kitchen with her seraphic maiden look. She poured a cup of coffee and sat opposite me. "This morning I had a sudden desire to look at my past in the attic," she said. "Remember Nephateeta, the role I played?" she asked.

Nephateeta, imaginary goddess of happiness. Annette, glowing on stage in the fifth grade play. Yes, I remembered alright.

Do not fear the wicked magic of the evil king, true lovers. Nephateeta will save you as she has all true lovers through the ages.

I remembered. Annette had practiced her lines before mirrors, recited them walking and sitting and lying on the porch; offered them as litanies to tail-thumping dogs and blinking cats. Our mother had designed and sewed her costume and headdress, and I'd made rings for Nephateeta, carved from peach stones with my father's tools. I'd labored mightily to create rings worthy of a goddess, gluing beads, rhinestones, imitation pearls, sequins in heaps around their circumference. The rings were too large and Annette had to play Nephateeta with fingers crooked so they wouldn't slide off.

"Look," Annette said. "They were in a shoe box."

I looked at the rings of Nephateeta.

"One for each of us," Annette said, putting on her ring. "It fits beautifully now."

Mine fit, too.

"I am so happy," Annette said. "And you are probably sick of hearing that."

"Not likely."

"Wear it tomorrow," Annette said.

"Yes," I said. "Bride and matron of honor safe with the magical rings of Nephateeta."

"Isn't it too much?" she said. "Being so solemn about this? You are as loony as I am. Be happy forever. Nephateeta has spoken."

I had all the ingredients Nephateeta required to conjure her magic: Harry and myself, true lovers, and Barnett, our very own evil king. A perfect setup for Nephateeta. I refused to fear the evil king because Nephateeta had spoken. Fearless me, I thought, giving in to the looniness.

Harry didn't telephone and ask to be picked up at the local airport. He descended from the sky in a gold-colored helicopter with flashing rotors.

"*That* is the way to come to a wedding," Annette said. "You are just too much, Harry."

"Our first helicopter landing," my mother said.

"Did you charter that in Boston?" I asked.

Harry grinned and shook his head. "Barnett insisted. He had it waiting for me at Logan Airport. A small taste of life in a conglomerate. Where are the kids?"

"Sailing with my father at the lake."

"You two are on your own until dinner," my mother said. "We've got reservations at the Mountain House in Peterborough for six-thirty."

Two trucks turned off the road onto the drive to the house. It was the caterer bearing the paraphernalia for the wedding reception: folding chairs, tables, awnings, umbrellas, tents. My mother and Annette went out to meet them.

I looked at Harry. "You're so happy. Isn't the merger with Barnett taking place?"

"Yes," he said. "That was all set even before the Chicago trip. All we did there was haggle over details and keep bumping into each other's lawyers."

"Then why are you so happy?"

Harry wanted to shower while I sa dled two horses so we could go ridi this afternoon. Maybe he also want to decide how to answer my questio Perhaps, I thought, Harry had come the point where it was difficult for h to say why he was happy. Or somethi had happened in Chicago to make h dissemble.

"Alright, Harry," I said. "But th question remains."

"I will a tale unfold to answer all, p fessor. What is that on your finger? looks like a toy out of a cereal box?"

"This happens to be one of the nu ical rings of Nephateeta. Only two a known to be in existence. For years th have lain hidden in a shoe box in t attic of this house. Nephateeta," I sa feeling grave with all the looniness my words, "is that ancient goddess happiness, once portrayed by your o sister-in-law in her fifth grade play. W wears this ring will always know tr love and happiness and be safe agai the powers of evil. This is not a toy ri out of a cereal box Harry."

"Does it come in men's sizes too?"

"One guaranteed, universal size."

"And does it work for all the creatu of land, sea and air?"

I looked at the ring of Nephatee turning it on my finger.

"Yes," I said. "It is the most magi of magical rings, Harry."

He kissed me and grinned. He w doing a lot of grinning. Harry had good face for grinning, burned pern nently by the near tropical sun of t Florida Keys.

Annette and my mother waved Harry and I circled past them on hor back. Several awnings were already u fringe tossing in the breeze, and t house and lawns were gathering a f tive, celebratory quality. The awnin were striped red and white. I reme bered my wedding, awnings blue a yellow, seven years ago and the rings Nephateeta lay hidden in that attic sh box and Harry had not spent a week Chicago—Chicago was simply the to where I had a second cousin and the were no hopeless causes. I didn't tru this new happiness Harry had broug back from Chicago like a strange a uncertain treasure.

The color of the sunlight was tint silvery green by the trees. My cautio ary unease persisted. Harry saw n looking at him and he grinned again.

"My question," I said. "What ha pened in Chicago? Don't shilly-shal Harry."

"We had breakfast this morning Harry said. "Just Barnett and myse Barnett starts early. Six-thirty. Eggs ramekins. Very, very elegant."

"You'd expect that from a man w a gold-colored helicopter," I said. "B what hath been wrought in Chicago

Harry grinned again. I *(continue*

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RINGS OF HAPPINESS

continued

wanted to tell him to stop grinning.

"Now just listen to this, Marian. And by the way, he has two helicopters."

I listened. Despite my qualms was this really the beginning of a wondrous tale after all? It involved a five year contract for Harry to become a vice president of Barnett Industries, the money double what Harry had been earning, stock options, paid insurance programs and, of course, many chances to ride in the gold-colored helicopter. "He had the contract drawn up during the week and never said a word about it until breakfast this morning," Harry said.

"Why? You were the only one opposed to him."

"That's why. He said he wanted me fighting as hard for him as I did against him."

"Did you agree, Harry?"

"I've got the copies of the contract. I haven't signed anything. I wanted to talk to you about it."

"How often do you get to ride in the helicopter?"

He protested, jokingly, but with a certain nervousness too, as if my failure to sound the big tocsin upset him, and I thought the powers of the evil king are mighty indeed. This was the treasure. I didn't like it.

The trail went down into a little valley where the bank of the creek was grassy and flat and the sunlight unobstructed. We stopped. The horses lowered their heads toward the water and we sat silently as if each of us had to grow accustomed to what Harry had said.

"Harry," I told him, "I want you to be happy. The way you were before this business with the company started."

"In this situation," he said quietly, "I have to consider you, the kids. The company the way it was is gone. That's what it comes down to, Marian."

"But what were you thinking when you decided you had to consider us? When you thought about us, I hope you didn't do it within the context of a helpless little wife at home who deserves the best life has to offer—according to the evil king high atop his castle in Chicago."

"Helpless little wife is something you'll never be, professor," he said wryly.

His voice was reasonable: I wanted mine to be, but I knew it wasn't. "This whole thing makes me angry. Ever since you got out of that helicopter I knew something was afoot, Harry, and I knew I wasn't going to like it very much." All of a sudden I despaired of what we really were to each other because I knew Harry didn't want to work for Barnett. In the silence, like a barrier between us, I thought I have to tell him that. He must hear me say it. "You don't want to work for Barnett, do you?"

He remained behind the barrier. Then he said slowly, "The company was a first true love. First loves, even true loves, end. I thought seriously about Barnett's offer on the plane, Marian. I felt I had to. We had beautiful weather on the flight back to Boston and I thought all the things in that contract were a promise of beautiful weather."

I touched the ring of Nephateeta. You're outclassed, kid, I told her. This is the big league in magic.

"Harry," I said, "one Tuesday morning, about four o'clock—the day *before* you went to Chicago—who sat in the dining room with a lined pad and ballpoint pen trying to figure out how he could possibly start his own little company? Who talked of selling the boat he's crazy about, getting rid of the house on the Keys and cutting back expenses, and living close to the bone for years; and maybe, after all that, falling on his face? Who didn't give a damn about flying in beautiful weather? Who said it would be like being in training to fight dragons?"

Harry gazed bleakly at me. "It's easy to slay dragons at four o'clock in the morning, professor. The trick is to slay dragons during working hours. What do you want from me, Marian?"

I took off the ring of Nephateeta a threw it into the creek. "It doesn't wo I said. "It doesn't work at all." Of cou Its magical powers were for chil wishes. It was useless against the gu ful tyrannies of the evil king. The l of what I wanted rose strong and cl irrefutable within me, and I s "Harry, I don't want one of Barne mercenaries with flashing tooth ena I want the Harry with nice feet pure heart who found me on the be one summer day and drove around gland and Wales with me in that car," I said. "That's what I want."

Harry didn't follow me. He let me away. The mare accelerated through pattern of gaits to a full gallop beca she wanted to move. The day was fect for moving, for crying out the th I wanted for Harry because I loved h

Tonight, I promised myself, we going to discuss this calmly; no lo ness, no reticent, shadowy silences. W talk the way we always had and I try to persuade Harry to do what I kn he really wants to do. We had betw us the thorniest dilemma of true lov How one must convince the other, spite all blandishments of the evil k that dragons could be slain during wo ing hours and that beautiful weat was not part of a warranty Harry to offer us.

Harry got back to the *(continu*



"No, the lady of the house isn't in. She's at the office running her corporation. Do you want to speak to the man of the house?"

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RINGS OF HAPPINESS

continued

house before I did. I saw him on the porch watching the caterer's workmen still decorating the lawn. I was walking the mare back to cool her down. Harry came down the wooden steps toward me.

"I'll take her, Marian," he said.

"Thanks, Harry. I'm sorry I lost my temper."

"It's alright, professor."

"Tonight, Harry, we'll talk about Barnett," I said. He grinned.

I went upstairs to the bedroom and pulled off my riding boots. Then I noticed the manila clasp envelope on my bureau. The flap was glued down and my name was on it. I opened it. Inside were copies of Barnett's contract and the ring of Nephateeta he'd fished out of the creek. The copies of the contract were torn in neat quarters and held with a rubber band. Harry was always neat. I smiled and ran down to the stable barefooted.

Harry was currying the mare. "You have another question, professor?" he said.

"Yes," I said. "Harry, don't fool around because I am just about ready to weep with classic style joy."

"I thought about love," Harry said, working the long wide brush over the mare's flank. "After I got that ring out of the creek, I thought about my luck in finding the only girl on the beach reading *The Mabinogion*." He stopped.

"Harry, please go on," I said, "because this is really the wondrous tale you had to unfold."

"Freedom had it all over beautiful weather," he said. "And dragon fighting is probably best in broad daylight because there is no way you are going to sneak up on a dragon in the dark. That's what you were talking about, wasn't it?"

"Yes, Harry," I said, loony again because Nephateeta was triumphant and wise as a goddess can be about true love, mortal style, and her magic was powerful for all childish wishes and for mine after all.

"Now we don't have anything to talk about tonight," Harry said.

"Harry," I said, "when the man is pure of heart and the lady is joyous, then they learn ever so quickly how to improvise."

"Do they?" Harry said, but it wasn't a question. All questions had been asked and answered. "Professor, I thought, after the wedding, we might leave the kids with your parents and go to England for a couple of weeks. We won't be able to afford it again for quite a while."

"And rent a tiny car," I said.

"Ever so tiny," Harry said. **End**

Spending Your Money

continued from page 24

and want to increase your stake). If your investment is combined with others to total a large block on which commissions are much lower.

We've finally decided that, in order to afford a house, we'll have to move way out from the city where we both work. Commuting will be a big expense. What should we do?

Before you even begin looking at neighborhood or house, decide together how much time you're willing to spend commuting each workday—and don't look beyond that area of commutation. Investigate the availability of public transportation to and from that area, and find out how reliable the service is. Train? Bus? Special van pools? Carefully check and mark down the costs as well as time involved in commuting, not only to work but also in driving to stores and other services you'll need and want. Make some trial runs at the times you normally would. Then, and then only, start checking neighborhoods and houses that attract you—and that you can afford. So many other couples have ruined their dream of home ownership because of commuting.

Don't let a sore throat be a pain in the neck



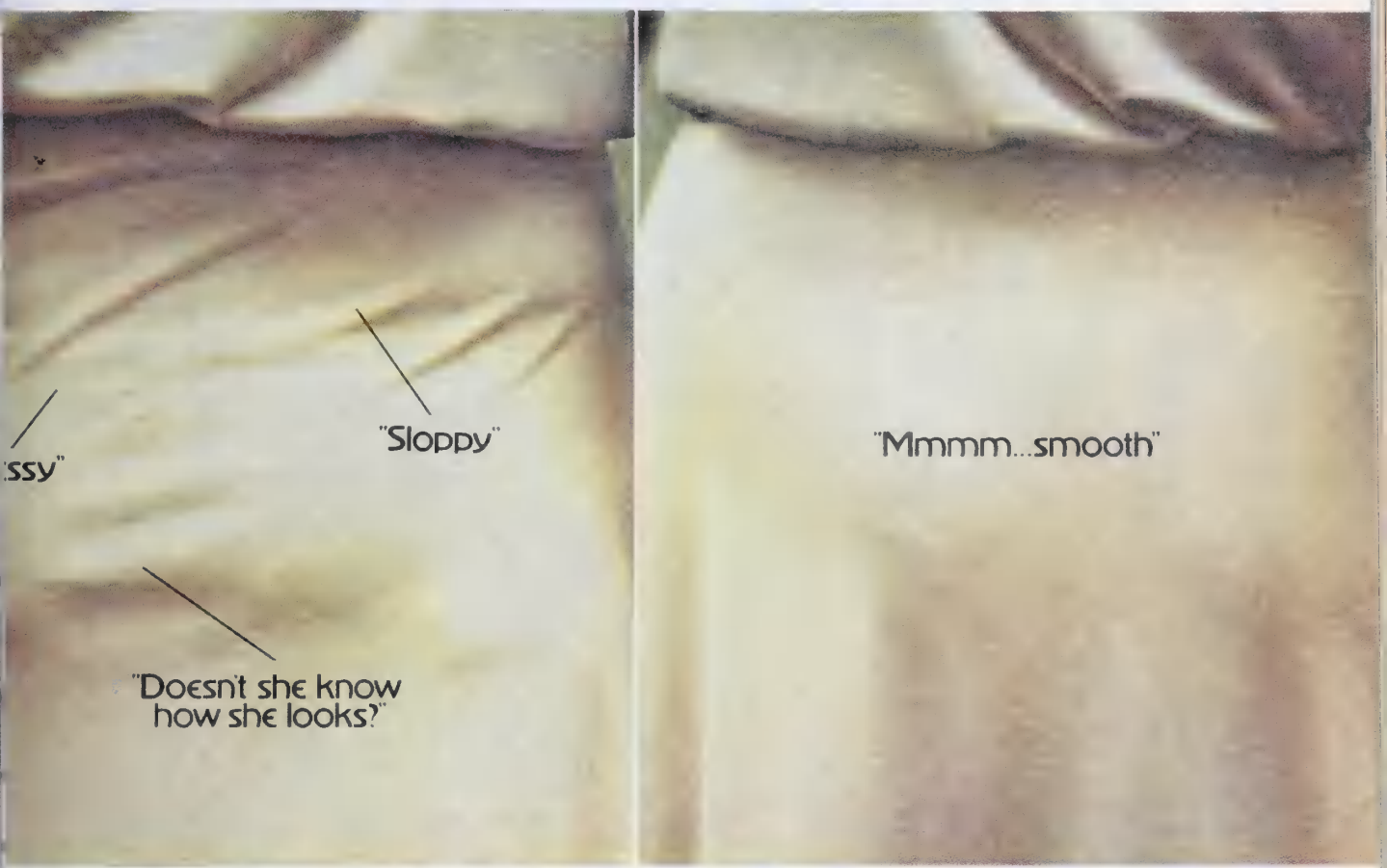
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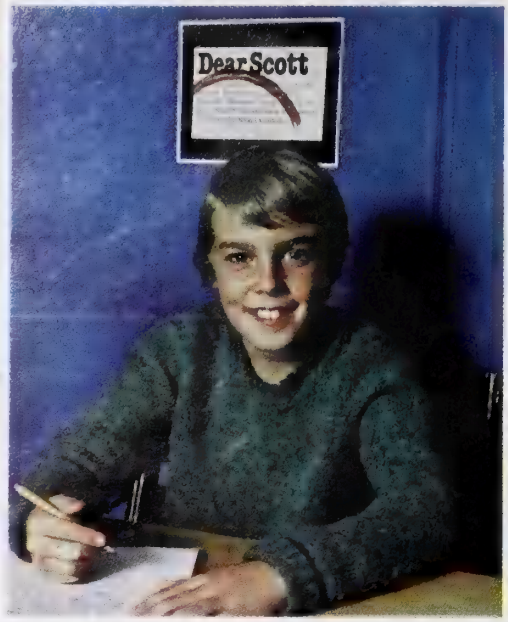
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Dear Scott

Scott Deindorfer (right), age 9, had a bright idea. How would famous American men and women respond if he wrote to them, asking for their favorite sayings and quotations. More than 250 busy celebrities took the time to reply—furnishing young Scott with an inspirational autograph book filled with candor, wit and generosity. Here is a sampling of VIP answers, compiled by Scott Deindorfer.





GERALD R. FORD, former President of the United States:

One quotation I like very much is from the poet, William Butler Yeats:
"Count where man's glory
Most begins and ends
And say, my glory was
I had such friends."



BETTY FORD, former First Lady:

Prayer of St. Francis of Assisi:
Lord, make me
an instrument of your
peace.
Where there is hatred,
let me sow love;
where there is injury,
pardon; where there is
doubt, faith;
where there is despair,
hope; where there is
darkness, light;
and where there is
sadness, joy.

O Divine Master, grant
that I may not so much
seek to be
consoled as to console;
to be understood as to
understand;
to be loved as to love,
for it is in giving
that we receive;
it is in pardoning that
we are pardoned;
and it is in dying that
we are born to eternal
life.



EDWARD M. KENNEDY, United States Senator from Massachusetts:

When we were young children, my father always impressed us with his wish that we would commit our lives in some way to serving others. Therefore, one of my favorite quotations comes from the Bible--
Luke 12, 48:
For unto whomsoever
much is given,
of him shall be much
required:
and to whom men have
committed much,
of him they will ask the
more.



BELLA S. ABZUG, former Congresswoman:

My favorite saying is Robert Browning's, ". . . a man's reach should exceed his grasp, or what's a heaven for?"
Except that I would amend it in my case to "a woman's reach . . ."



MARY TYLER MOORE, actress:

I guess my favorite quotation comes from my ballet teacher, who said to me:
"If it doesn't hurt, you're not doing it right." I think you can apply this admonition to a great deal more than dance!



JOHN WAYNE, actor:

When the road looks rough ahead, remember the "Man Upstairs" and the word H-O-P-E. Hang onto both and "tough it out."



MAMIE EISENHOWER, former First Lady:

A self-made man and proud of his maker.



BEVERLY SILLS, singer:

"If you can't say something nice about someone, don't say anything at all."



RONALD REAGAN, former Governor of California:

I'm sure many would have chosen the golden rule, if Anthony Quinn hadn't laid claim to it. My own choice is anonymous. I have no knowledge of its source but it rests on my

Photograph of Scott Deindorfer by Judy Lawne.

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Dear Scott

desk engraved in bronze--"You can accomplish much if you don't care who gets the credit."



ANN LANDERS, advice to the lovelorn columnist:

"The true measure of a man is how he treats someone who can do him absolutely no good."



NELSON A. ROCKEFELLER, former Vice President of the United States:

In First Corinthians, Chapter 13, the Bible says: "Though I speak with the tongues of men and of angels, and have not charity, I am become as sounding brass, or a tinkling cymbal. . . . And now abideth faith, hope, charity, these three; but the greatest of these is charity."



SAM LEVENSON, humorist and author:

My own favorite is: Every home should set aside a little room--for self-improvement.



JEANE DIXON, columnist and prophet:

"If we triumph in the little things of our common hours, we are sure to triumph in our lives . . . and we will find that work is love in action--hence His Will, will be done."



FRANK BORMAN, former astronaut, now president of Eastern Airlines:

For my contribution, I have chosen the following paragraph that I clipped from a newspaper some time ago.

Press On

Nothing in the world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education alone will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent.



HENRY FORD II, chairman of the board, Ford Motor Company:

A quotation I would like to offer was a favorite of my grandfather, Henry Ford, the founder of Ford Motor Company. Carved in the wood above a fireplace at Fair Lane, his home in Dearborn, Michigan, was this: "Chop your own wood and it will warm you twice." The quotation is based on a line in Henry D. Thoreau's Walden. I've never forgotten going to my grandfather's house when I was a boy your age, or the wisdom in the words I read above the fireplace.



JOHN B. CONNALLY, former Secretary of the Treasury:

There are many quotations that appeal to me, but certainly one of my favorites is the advice Polonius gave to Laertes in Shakespeare's Hamlet:

"This above all: to
thine own self be true,
And it must follow, as
the night the day,
Thou canst not then be
false to any man."



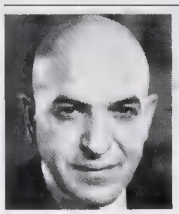
BOB HOPE, comedian:

"Laugh and the world laughs with you, cry and you drive a comedian to the nut house."



SUZY, syndicated columnist:

I like "Do what you can with what you have, where you are." Theodore Roosevelt said it.



TELLY SAVALAS, actor:

"Know thyself"--Socrates



ELLA GRASSO, Governor of Connecticut:

My two favorite sayings are "Pacienza--patience" and "Don't think, ask."



COLONEL HARLAND SANDERS, Kentucky Fried Chicken:

"A man will rust out quicker than he will wear out."

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WEIGHT WATCHERS NEW DIET SECRETS

Can I learn to stop snacking? Can I learn to control my "binges"? Can I learn to stick to my diet when I'm tired, bored or tense? Yes, yes, yes, says the Psychological Director of Weight Watchers. Here's how.

By Harriet La Barre

Can frustrated dieters actually lose weight faster and then stay thin for good by changing their eating *behavior?* It appears so. In the mid 1960's, Dr. Richard B. Stuart, psychologist and a specialist in the control of obesity, began applying the concept of behavior modification to help people lose weight. In 1974, under Dr. Stuart's guidance, Weight Watchers introduced a behavior modification program, and in a study of 7,000 participants, many Weight Watcher members increased their average weight loss by up to 24 percent per week; they were also better able to stay thin after reaching their goal weight. In hearings sponsored by the U.S. Senate's Select Committee on Nutrition and Human Needs, Dr. Albert Stunkard, international expert on obesity and behavior modification at the University of Pennsylvania, defined the Weight Watchers behavioral approach as significant enough to warrant description as a public health measure; and in England, Dr. John Butterfield, Regius Professor of Medicine at Cambridge University, called the program "the most successful psychological program in altering behavior of overweight people."

How does diet behavior modification work? In the Weight Watchers behavior program, called the Personal Action Plan, a series of pamphlets (called "modules") combined with class guidance lead a dieter to take positive action to change herself and her environment, thereby establishing a new lifestyle.

Here, now, in a *Ladies' Home Journal* interview with Dr. Stuart, author of the book *Act Thin, Stay Thin*, is a guide to adapting diet behavior modification for your own use.

JOURNAL: Dr. Stuart, what is behavior modification and how would a person begin using it to lose weight?

STUART: Behavior modification is a set of techniques that help people change their environments. Part of your environment is internal. It's the way you think and feel, and your thoughts and feelings influence what you do. Part of your environment is physical. If you're in the presence of food, you're more likely to eat it than if you're not. Part of your environment is social. If you're with people who stimulate you and keep you very occupied, then you're not as likely to think about food. Or, if you're with people who support constructive eating behavior, then you're more likely to be able to manage yourself.

Part of your environment is also your own behavior. It is the immediate combination of acts that you engage in as you go through every minute of your life. Certain kinds of behavior chains —sequences of behavior—lead you to be more likely to overeat than others.

JOURNAL: Suppose I want to lose 30 pounds. Is there a best place to start?

STUART: Eating is always preceded by a decision. So you start by learning a little bit about the conditions under which you're most likely to decide to eat. You want to find out what controls your urges to eat. So you begin by keeping a record, on an hourly basis, seven days a week, of the times that you do and do not eat.

JOURNAL: It sounds as if you have to become some sort of self-detective . . .

STUART: Exactly! You're sleuthing your own eating behavior. We found that learning about the times people did *not* eat—their successful times—is even more valuable than learning about the times they do eat.

Most overweight people begin self-management exactly the wrong way. They begin by being preoccupied with the times they overindulge—their failures. But smart money says you really should begin by looking at the areas of your success: the times you *don't* eat. See what you can learn about yourself from your successful hours.

Let's take Marcella Jones, typical fat woman. Her eating profile might show that she has absolutely no difficulty whatsoever in managing her eating until 7 P.M. But from 7 until 10:30 every night she eats, except, she has noted, not on Tuesdays and Fridays.

What does she do on Tuesdays and Fridays? Well, Friday night she goes to a literary club meeting, and Tuesday night is bridge night. And she plays in a bridge game where they don't eat.

So Marcella now knows that as *(continued)*



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long as she's occupied, she has very little difficulty with problem eating. Therefore, she could begin by structuring interesting activities on some other nights of the week.

This brings up boredom. Let me explain: seeking food is a logical consequence of an emotion. The most common emotion is boredom. And for most people, eating—overeating—signals not hunger, not necessarily tension, not necessarily depression. Usually it signals boredom, a lack of interest in other things.

JOURNAL: Then Marcella's solution is to . . .?

STUART: To make her life more interesting. She must *make things happen.* Now, here is another woman, a different case. She is a beauty products saleswoman. She finds that she eats a great deal between the hours of 2 and 4 P.M. At 4 she goes out on her rounds, calling on people. During the morning, she's fine: she's doing her housework or she's occupied with her personal activities. But she begins to get nervous before she leaves on her rounds. She's apprehensive. Will it be a good day?

What she learns from her eating record is that she must do something that will help modify her anxiety about her work performance because her eating is associated with it.

JOURNAL: So you have to discover not only *when* you eat, but the kind of person you are. You have to know what emotions you're susceptible to—like anxiety, boredom, anger, whatever—and thus lead you to eat.

STUART: Yes. You have to find out what things influence you to act in a productive versus an unproductive way.

JOURNAL: Yes, but that's difficult to handle, because someone's going to say, "Well, that's not my fault, that's my personality. I'm an anxious type, like my mother." Or "I'm the tense type, that's my character, that's *me.*"

STUART: Okay. You can define yourself at the beginning as a failure. But the people who do that preclude the possibility of succeeding. On the other hand, you can look at your penciled record, your chart, and define yourself as somebody who's just learned a valuable lesson about yourself—and you can identify yourself as being as capable of change as any other human being. One of the beauties about being human is that we have an almost infinite capacity to change.

JOURNAL: Can a person of *any* age change? I'm thinking of a woman I know who's 50 and way overweight. She'd say, "It's too late for *me* to change."

STUART: You can also think of a girl of 15 saying she can't do it because her parents control her life. The woman of 50 might finally be free of her children—they're out of the house and not bringing home sweets—and now is a unique opportunity for her to change. There are rationalizations for a failure to change that are available to both sexes at every stage of life. But everybody can change.

JOURNAL: All right. So you've kept a record, and . . .?

STUART: You analyze your strengths. You look at the times you managed to control your eating. Now you think how you can expand those strengths into other areas of your life, the problematic eating ones. You want to begin using skills that work very well for you in some segments of your life, to help you deal constructively with other segments.

The vital question you ask yourself at this point is not "Why am I so overweight?" or whose fault it was originally. Ask instead: "How can I overcome it?" We've found that once a dieter grasps this concept of not why, but how, she changes her inner dialogue and is on the road to success.

So now you're ready to make actual action changes. One common mistake is to think in global terms that require enormously difficult changes: "I'm going to become a new person, and when I become a new person then eating is going to be easy, and . . ." But of course that's not achievable.

Instead, you have to start with small, achievable steps. If the steps are too big, they're going to be impossible to achieve. So you decide: in this corner of my life, in the next three days, I'm going to do something differently.

JOURNAL: Can you start by saying, "I'm going to lose twenty pounds? Or ten?"

STUART: Focusing on losing pounds is not a wise thing. It's better to focus on behavior changes. When you change your behavior, that ultimately leads to a reduction in the amount of food you consume, and/or an increase in the amount of energy you expend. These changes almost always produce weight loss.

Of course, you must also make wise diet decisions about what to eat. But if *all* you do is change what you eat without also changing the forces in your life that predispose you to eat, then the chances of your being successful are very small.

JOURNAL: Well, take some forces in a specific woman's social life. For instance, a dieting woman and her husband go out to dinner at a restaurant every Saturday night with friends; it's the main event of the week. Half the time when she looks at a menu, she thinks, "There's absolutely nothing on this menu I can eat!" But she has to choose. Should she stop her enjoyable habit of going out Saturday night to dinner?

STUART: No, she should not. Th are many things she can do. First, cho restaurants that are likely to have food you want: seafood or steak plac rather than exotic places. When yo in the restaurant, don't look at the me The menu was designed to tempt y Decide ahead of time what you're go to eat and order it first, before y friends. Don't wait until everybody e orders, because then you'll hear all kir of marvelous things, and decide, "C yes, I want that"—the "me, too" sy drome. It's also smart to order a sal and coffee immediately. And ask to ha the breadbasket moved to the other si of the table.

JOURNAL: I'm always afraid I'll tempted to order layer cake for desse Do you find that some people are so fe ful of breaking their diet, that they w stay home and narrow their social life?

STUART: Yes, many do. But that ju doesn't work. Because if they succeed losing weight, and then they go to pa ties or dinners, they immediately re-ga because they haven't learned how deal with social situations.

JOURNAL: How can a person st automatically associating their vario social activities with food? For instanc at a baseball game, some people aut matically want a hot dog with musta When I go to the movies, I always thin chocolate bar. How can I break that pa ticular association?

STUART: You're talking about one the most important tools in diet behavi modification, what we call "eati cues," a conditioned reaction. Wh Pavlov rang a bell and his dog salivate he'd conditioned the dog to expect fo at the sound of the bell. When you ro tinely buy a candy bar on the way in the movie, you condition yourself to a sociate movies and candy bars. Pavl found he could break the association b ringing the bell and *not* feeding the do After a while, the dog didn't respond the bell anymore. You can do the sam with movies-and-candy. You should b gin by trying to enjoy the movie witho eating. If you insist on eating somethin you can do it in phases. One possibilit you can buy a candy bar, and throw ha away before you walk in. Or you ca buy an alternative to candy—popcorn which has fewer calories. A third poss bility is to bring fruit, maybe pears, b cause they don't crunch. Ideally, yo should finally be able to concentrat wholly on the movie. You're changin your response to food in social situa tions. You're reeducating yourself an changing your basic eating behavior.

JOURNAL: When we're out socially people constantly tempt us with foo What can you do when people say thing like, "Oh, one tiny slice of my birthda cake won't kill you!" . . . or "You've go to taste my specialty"?

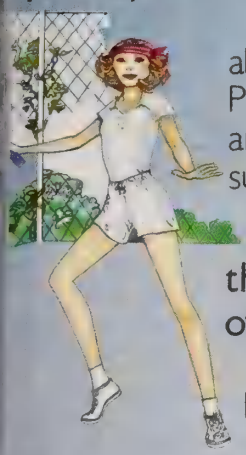
STUART: We call such *(continued*

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DIET SECRETS

continued

people *pressure feeders*. Pressure feeders are usually well-intentioned. They don't usually want to spoil your diet. But people have been highly socialized to share and be courteous. In our hierarchy of social values, that's often more important than respecting another person's desire to diet. The motive is usually friendly, wanting to please.

So, suppose you visit a friend and she always offers you something fattening. You might call her up ahead of time and say, "I'd really love to see you, Marge, and I'd like to come over, but it'll be hard for me if you offer me food, because I'm weak. Be a pal! Don't bake, or don't offer me any."

Or you say to a person pressing food on you, "I know you care about me. But one way you can show that is by helping me follow my diet." You acknowledge their positive motive. Then you re-direct their behavior.

JOURNAL: Do people resent that, or do they cooperate?

STUART: Well, we have 600,000 members at Weight Watchers doing this thing, and they find most people are highly cooperative. When a dieter says, "Don't urge me," a friend will say, "Oh, I'm sorry. I didn't realize I was."

JOURNAL: I think people are embarrassed about asking someone to help them, as though they are asking other people to solve their problems.

STUART: Dieters should realize that they're giving the other person an opportunity to be generous. When my wife tells me what she'd like for a birthday present, she's really doing me a favor. She's telling me what I can do that will please her.

In other situations, too, you should redirect people and ask for positive help. For instance, a husband, unfortunately, is much more likely to say to his dieting wife, "You fouled things up and ate the pie," rather than say, "Gee, I thought it was marvelous that you ordered the six-ounce steak without sauce and you didn't eat the hollandaise on the broccoli." People in our culture are almost embarrassed about being positive. It seems somehow soft, weak. So you must *ask* them for support.

JOURNAL: Earlier, you mentioned that sometimes we feel *emotionally* hungry; we're hungry because there's something else we want, some satisfaction, or we're bored. But suppose we've used up lots of energy, through tension, perhaps, and we have low blood sugar. Maybe we really do need food. How do we tell whether we're feeling like hunger or real hunger?

STUART: Okay, very important—and simple. First, ask yourself: when did I last eat, and was it a reasonable meal? If you ate a reasonable meal not so many hours ago, you're experiencing psychological hunger, fake hunger, *appetite*. So you shift to a behavior change. You do something more interesting than you've been doing. If that doesn't relieve your hunger, you wait ten minutes to see if you can outlast your "hunger." If you can't, then eat some small quantity of food, not necessarily tasty. If what you have been feeling is real hunger, you'll quickly be satisfied by the food, any food will do. But if it is fake hunger, you may still feel hunger, and may end up yielding to it. If you do, then you try to make a bargain with it—a devil's compact:

You eat less of the food that you are hungry for, less than you'd like. You minimize the damage. Most dieters, when they break their diet, decide that that's a symbol that everything has gone wrong. So they cave in entirely. And instead of eating one cookie they eat 15, because why not? One cookie is as bad as 15, they tell themselves. Well, it isn't. Fifteen cookies happens to be just 15 times worse than one cookie.

So once you've decided to yield to appetite, *it's very important not to define yourself as an all-out failure*. Rather, you say: I'll eat as small amount of it as I possibly can. And that's what you do.

JOURNAL: Is there any particularly good way for a dieter to modify her eating behavior at home, at family meals?

STUART: A good behavioral technique is to prepare only enough food, so there are no leftovers. You prepare the meals on a portion basis, a normal portion for each person.

JOURNAL: But what if your husband or the children want seconds?

STUART: If seconds means eating more than one needs, and you've given them a normal portion, there's no reason to encourage anybody to have seconds. Children are not bottomless pits. Parents who treat their children as though they were bottomless pits, end up with fat, unhappy children.

JOURNAL: Can behavior modification prevent a dieter from being hungry off-and-on through the day? I always get hungry at 10:30 in the morning.

STUART: You've trained yourself to expect food at 10:30. You can retrain yourself to only experience hunger at certain times of the day.

JOURNAL: Don't some people, when they're fatigued, feel that food will perk them up?

STUART: Almost no one needs food between meals, if they have three balanced meals. People should make sure they get enough sleep because fatigue is very commonly a cue for eating.

Now, here is a particularly important aspect of behavior modification, something a dieter should know when she has finally achieved her normal weight. Until quite recently, it was believed that if you were once fat, and then dieted and became thin, if you didn't keep reme bering that you were once fat, y wouldn't be able to sustain the moti tion for being thin, and you'd gain ba that weight. But now we recognize th along with a diet, you achieve yo weight loss through increasing your se management skills. And if you defi yourself as somebody in whom the ski are weak, somebody very vulnerable temptation, you're less likely to maint those skills than if you define yourself somebody who's strong. People who gain their weight are those who alwa regard themselves as formerly fat, rath than thin at last, and now normal.

JOURNAL: You must change yo self-image from "ex-fat lady" to "norm lady"?

STUART: Correct.

JOURNAL: But doesn't a person ha to be very watchful because she still h all those fat cells in her body?

STUART: Everyone should be watc ful. However, there is very mixed ev dence about just how much of a pro lem fat cells are. We've studied lar populations of Weight Watchers mem bers, and we find, for example, that a at onset of obesity does not necessari predict success in weight managemen If you were fat as a child under fiv it in no way dooms you to a lifetime fatness.

The fact is that once you have succes fully modified your eating behavior the ways we've discussed, you have a tually changed your lifestyle. To becon fat again, you'd have to re-train yourse You'd have to learn all over again ho to be a fat person. **En**

A LITTLE LESS THAN LOVE

by Martha Shaw

We shall not join the ghostly lovers
Of the past,
Become a legend like those others
At the last,

For you were not so brave as Launcelot
My one time dear,
And I'd an older harder heart
Than Guinevere.

I never lingered after evensong
Upon a balcony,
And you would dare no distant
Hellespont
For me.

Never now with Abelard and Heloise
And all that ardent throng,
O not with storied names like these
Do we belong.

When annals of the well beloved are
penned
Say only this of us:
We mourn what could have been;
We want what never was.



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Even our high porosity paper is specifically designed to give an efficient burn rate that delivers optimum taste with a minimum of 'tar.'

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LADIES' HOME

Journal Women of the Year, 1978

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year, the sixth annual Ladies' Home Journal Women of the Year program reaches out to recognize new ts and adventurous new directions—as well as adding a "Continuing Legend" category, which honors women have become historic role models. To participate and to assist our distinguished jury in the final selection of en leaders, fill in the ballot below. Mail by March 15 to WOMEN OF THE YEAR, 1978, Ladies' Home Journal, Lexington Ave., New York, N.Y. 10022. To record the order of your preferences, place the number 1, 2 or 3 re your top *three* choices in each category (and, in the case of music, politics and the arts, choose three in sub-category). If you wish, you may make additional nominations in each category. See next page for plete instructions and procedures.

THE NEW FRONTIERS OF ACHIEVEMENT

The New Politics and Government

NATIONAL

A ☐ **Yvonne Brathwaite Burke** Member, U.S. House of Representatives, California; Chairperson, Congressional Black Caucus

B ☐ **Margaret "Midge" Costanza** Assistant to the President for Public Liaison

C ☐ **Juanita M. Kreps** Secretary of Commerce

D ☐ **Eleanor Holmes Norton** Chairperson, Equal Employment Opportunity Commission

E ☐ **Jill Wine-Vollner** General Counsel, Department of the Army; former assistant Watergate Special Prosecutor

LOCAL AND STATE

A ☐ **Carol Bellamy** President, New York City Council

B ☐ **Rose Bird** Chief Justice, California Supreme Court

C ☐ **Isabella Cannon** Mayor, Raleigh, N.C.

D ☐ **Dixy Lee Ray** Governor, State of Washington

E ☐ **Nikki Van Hightower,** Ph.D. Women's Advocate, City of Houston

The New Scientific Community

A ☐ **Mary Ellen Avery,** M.D. Physician-in-chief, Children's Hospital Medical Center, Boston

B ☐ **June Brown,** R.N. President, Emergency Department Nurses Association, Joliet, Ill.

C ☐ **Ariel D. Hollinshead,** M.D. Professor of Medicine, Director of Laboratory for Virus and Cancer Research, George Washington University Medical Center

D ☐ **Rose Mage,** Ph.D. Investigator, Laboratory of Immunology, National Institute of Allergy and Infectious Diseases, Bethesda, Md.

E ☐ **Marjorie Meinel,** M. A. Research associate in solar energy, astronomy and geophysics, University of Arizona

F ☐ **Kathleen C. Morton,** M.D. Executive vice-president, New York Medical College

G ☐ **Sarah A. Nunneley,** M.D. Research medical officer, U.S. Air Force School of Aerospace Medicine, Houston, Tex.

H ☐ **Estelle Ramey,** Ph.D. Professor of physiology and biophysics, Georgetown University Medical School, Washington, D.C.

I ☐ **Maria Telkes,** Ph.D. Senior scientist in energy conversion and specialist in solar energy and thermal storage, University of Delaware

J ☐ **Rosalyn S. Yalow,** Ph.D. Nobel laureate; Chief, Nuclear Medicine Service, V. A. Hospital, Bronx, N.Y.

The New Social Responsibility

A ☐ **Barbara Blum** Deputy administrator, U.S. Environmental Protection Agency

B ☐ **Rosalynn Carter** First Lady; mental health activist

C ☐ **Robin Chandler Duke** Chairperson, Draper World Population Fund

D ☐ **Marian Wright Edelman** Director, Children's Defense Fund

E ☐ **Frances T. "Sissy" Farenthold** President, Wells College, Aurora, N.Y.

F ☐ **Sister Ann Ida Gannon,** Ph.D. Educator; former president, Mundelein College, Chicago

G ☐ **Carolyn R. Payton** Ph.D. Director, Peace Corps

H ☐ **Felice Schwartz** President and founder, Catalyst, national organization dedicated to women's career needs.

I ☐ **Eunice Kennedy Shriver** Executive vice president, Joseph P. Kennedy, Jr. Foundation; founder, Flame of Hope, Inc.

J ☐ **Nan Waterman** Chairperson, Common Cause

LADIES' HOME JOURNAL • WOMEN OF THE YEAR •

The New Business Leadership

A ☐ **Lilyan Affinito**
President, Simplicity Pattern Co.

B ☐ **Patricia M. Cloherty**
Deputy Administrator, Small Business Administration

C ☐ **Margaret Greene**
Vice President, Federal Reserve Bank of New York

D ☐ **Dorothy Gregg**
Vice President, Celanese Corporation

E ☐ **Roberta Karmel**
First woman member of the Securities and Exchange Commission

F ☐ **Marilyn Koester**
National Merchandising Manager, Home Furnishings, Sears Roebuck and Co., Chicago

G ☐ **Marilyn LaMarche**
Vice President, Citibank, New York

H ☐ **Joyce J. Miller**
Director, Coalition of Labor Union Women; Vice President, Amalgamated Clothing and Textile Workers Union

I ☐ **Dorothy Orr**
Vice President, The Equitable Life Assurance Society of the United States

J ☐ **Madelon D. Talley**
Vice President, Dreyfus Asset Management and Director of Foreign Investment Funds, Dreyfus Corp., New York

The New Performing Arts

STAGE & DANCE

A ☐ **Anne Bancroft**
Actress

B ☐ **Judith Jamison**
Principal dancer, Alvin Ailey Dance Company

C ☐ **Gelsey Kirkland**
Principal dancer, American Ballet Theater

D ☐ **Jessica Tandy**
Actress

E ☐ **Twyla Tharp**
Choreographer and dancer, Twyla Tharp Dance Foundation, Inc.

MOVIES & TELEVISION

A ☐ **Carol Burnett**
Actress and comedienne

B ☐ **Jane Fonda**
Actress

C ☐ **Diane Keaton**
Actress

D ☐ **Barbra Streisand**
Actress and singer

E ☐ **Cicely Tyson**
Actress

The New Music

CLASSICAL ARTISTS

A ☐ **Margaret Hillis**
Founder/director, Chicago Symphony Chorus

B ☐ **Ruth Laredo**
Pianist

C ☐ **Eve Queler**
Conductor

D ☐ **Frederica von Stade**
Opera singer

E ☐ **Rosalyn Tureck**
Keyboard artist and Bach scholar

POPULAR ARTISTS

A ☐ **Natalie Cole**
Pop singer

B ☐ **Roberta Flack**
Pop singer

C ☐ **Dolly Parton**
Country and western singer

D ☐ **Linda Ronstadt**
Rock singer

E ☐ **Diana Ross**
Rhythm and blues singer

The New Sports Equality

A ☐ **Tracy Austin**
Teen-age tennis champion

B ☐ **Chris Evert**
Top-ranked woman tennis player

C ☐ **Miki Gorman**
U.S. champion marathon runner

D ☐ **Janet Guthrie**
Race car driver; first woman competitor in the Indianapolis 500

E ☐ **Dorothy Hamill**
Olympic figure skating gold medalist; three-time U.S. figure skating champion

F ☐ **Joan Joyce**
Softball pitcher, Connecticut Falcons; founder, first women's professional softball league

G ☐ **Francie Larrieu**
Olympic runner, 1977 U.S. champion miler

H ☐ **Judy Rankin**
Number one U.S. woman golfer

I ☐ **Kathy Schmidt**
Javelin thrower; two-time Olympic bronze medalist

J ☐ **Judy Sweet**
Athletic director, University of California at San Diego

The Continuing Legend

A ☐ **Mary McLeod Bethune (1875-1955)**
Educator

B ☐ **Pearl Buck (1892-1973)**
Author; Nobel laureate

C ☐ **Mary Cassatt (1844-1926)**
Painter

D ☐ **Emily Dickinson (1830-1886)**
Poet

E ☐ **Amelia Earhart (1898-1937)**
Aviator

F ☐ **Helen Keller (1880-1968)**
Author, pioneer for the handicapped

G ☐ **Eleanor Roosevelt (1884-1962)**
Writer, humanitarian, former First Lady

H ☐ **Mother Elizabeth Seton (1774-1821)**
Catholic Church's first U.S.-born saint, educator

I ☐ **Elizabeth Cady Stanton (1815-1908)**
Suffragist

J ☐ **Babe Didrikson Zaharias (1914-1956)**
Athlete (golfer, swimmer, track star, skater)

How to Participate.

On these two pages, you will find categories structured to cover many aspects of women's lives. *Please indicate your first, second and third choices in each category* by placing the appropriate number in the box provided. (If you prefer to make your own nomination, you may send a one-page typewritten summary describing the contributions of your nominee. Tear out the complete page and mail to: *Women of the Year, 1978, Ladies' Home Journal, 641 Lexington Ave., New York, N.Y. 10022.* All mail must be postmarked no later than March 15. A scientific sampling of ballots will be taken by the *Journal;* tabulations of reader preferences will be presented to the blue-ribbon jury, which will be guided by these preferences but not necessarily bound by them. Decisions will be announced in the Spring.



Reminder!
Women of the Year ballots must be postmarked no later than March 15, 1978.

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By Ann B. Bradley

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Geraldine Carro

Mothering

Are You and Your Child Compatible?

Why is it that some parent-child relationships, like some marriages, seem inherently happy while others are rocky right from the start?

The comparison with marriage isn't as strange as it seems. In looking at how grown-ups and children get along —or don't get along—psychiatrists today talk about the parent-child "match," borrowing the term from adult relationships.

What makes a good match between parent and child? Do opposites attract? Or do "likes" like and understand each other best?

You often can't predict how happy a parent-child relationship will be by looking solely at personality differences or similarities, says Dr. Stella Chess, a leading New York child psychiatrist.

To illustrate her point, she tells of Melissa, a quiet, reserved child and her equally mild-mannered mother. You might assume that these two emotional look-alikes would get along famously. But Melissa's mother, who had felt like a "pushover" all her life, was determined that Melissa not share a similar fate. As a result, she tried to turn her naturally quiet child into an aggressive "tough guy." This caused serious tensions between the two. The fact that the mother didn't really like herself muddied what should have been a highly compatible mother-daughter relationship.

Of course, personality conflicts between opposites develop just as readily, if not more so. Dr. Chess describes how temperamental differences created problems in one middle-class family: Michael, a highly active child, has a short attention span that makes it hard for him to focus on schoolwork. His father, a diligent and ambitious man, was disturbed by Michael's difficulty in applying himself. He began to insist that Michael study every evening for two uninterrupted hours. Unfortunately, this energetic child simply couldn't sit still that long. Homework sessions became a nightmare in the household.

The common denominator in these two troubled family relationships is a parent who cannot accept the type of child he or she has. This is often the root of parent-child conflicts, says Dr. Chess. Once a parent learns to feel comfortable with a child, even if that child is difficult, life together can be relatively harmonious.

Dr. Chess cites the story of Jenny, one of her young patients, as an example of how parental acceptance—or rejection—makes a dramatic difference in getting along.

From birth, Jenny was high-strung and emotional. Her volatile behavior infuriated her father who, as Dr. Chess explains, "always came down hard on her." By the time Jenny was five, she was beset by constant nightmares. Unable to make friends at school, she tried to win favor by buying her classmates candy with money she had stolen from her parents.

When Jenny was eight, the picture began to shift. Her talents drew attention at school. First she brought home a prize in music and then landed a leading role in the class play. Once she started winning awards, her father saw her in a different light. Behavior he once thought "hot-headed" now seemed like "artistic temperament." Father and daughter began to take pleasure in each other for the first time.

While Dr. Chess believes that acceptance is a key word in relationships, it doesn't mean "anything goes." For example, she says that in Michael's case: "You *do* have to accept that he has a hard time sitting still for long. But you *don't* have to accept from him a failure to do his homework." The father might permit Michael to take a series of short breaks when studying and then encourage him to return to work, she suggests. Because of Michael's personality, he can accomplish more in short spurts than another child might achieve in one long stretch.

"It's the parent's job to help a child become his most productive, positive self," Dr. Chess explains. It's when parents try to turn a child into a different sort of person altogether that relationships break down. "Moreover, you just end up making the child feel rotten," she says.

It may sound as if Dr. Chess places the burden of compatibility largely on parents. And the fact is that she does. Children, she argues, can't be expected to be as sophisticated as adults in handling relations. And while she expects a lot from parents, she has confidence in their capacities. "After all," says Dr. Chess, a psychiatrist for 35 years, "most parents and kids make it together."

WORKING MOTHERS AND THEIR KIDS: NEW WAYS TO GET TOGETHER

How Do You Manage?

It's not the quantity, but the quality of time we spend with our kids that counts, or so goes the current cliché. For those of us who are working mothers, whose time with our children is limited by the demands of a job, the notion is comforting. It's also a useful defense against those who suggest that we are derelict as parents.

But in our working-mother heart of hearts, we know life isn't that simple. That "quality time" we talk about so blithely isn't that easy to come by. There's more than love to dish out when we come home from work. And a "quality time" session of block-building or story-telling can be difficult when the sounds of rush hour still ring in your head. Ah, for a little more unpressured "*quantity* time"!

What we really need as working parents—and this applies to fathers, too—are new ways and times to be with our kids. This means, we quickly discover, retailoring family routines, schedules and activities—and sometimes creating new ones —to fit our complex lives. All this calls for some hard thinking and imaginative planning. Doggedness, too. (And perhaps the kind of love that you store up when you find yourself missing your children during your working day.)

Today, we working parents face a common challenge: to find new ways to be effective parents, and to be with our children within the framework of our busy lives.

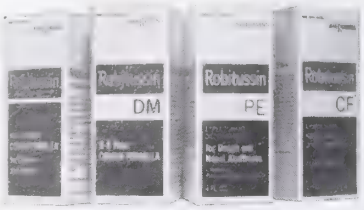
We'd like you to write and share with us the ways you are handling this challenge within your own family: • As working parents, what special ways do you make time to be with your children? Have you adopted specific routines, schedules, joint activities that bring adults and children together? How does this work on weekdays? On your days off? • How do you stay informed about your childrens' "other lives"—at school, at home, or at the day care center, for example? Do you have an overall sense of how your children are faring, what they do while you're at work? • If you're married, to what extent does your husband participate in chores and child care? Does this make your parenting job easier? • Does life as a working parent get easier as you gain experience? As your children grow? • Do you feel effective as a parent?

We'll report on your responses in a future column. P.S. If possible, please type or print letters neatly.

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Your Family's Health

David R. Zimmerman

A special report on what every athletic woman on the run should know about bras. Plus, news about the cause and treatment of that common malady, vaginitis.

CHEST PROTECTOR. Now, more than ever, women are on the fields, on the tennis courts—and on the run. While the new activity has its health benefits, it also presents a physical problem. The breasts of women athletes often are sore at day's end, says surgeon Christine E. Haycock, M.D., of the New Jersey College of Medicine and Dentistry in Newark, N.J. When she queried women in 300 athletic programs, Dr. Haycock found that going braless causes the most pain and the worst injuries. An ordinary bra will reduce breast motion and injury, but one athlete in five complained of injuries from metal or plastic bra parts; many others reported abrasions and general discomfort. To correct these problems, Dr. Haycock has developed specifications for a specially-padded athletic bra that differs, she says, from products on the market, although it closely resembles some currently available maternity bras.

The athletic bra is not pretty: it has wide straps, high sides and a supporting band along the lower edge. Its padding is for protection and support rather than enhancement of the figure. In a few months—she hopes—athletic specialty stores will carry the bra.

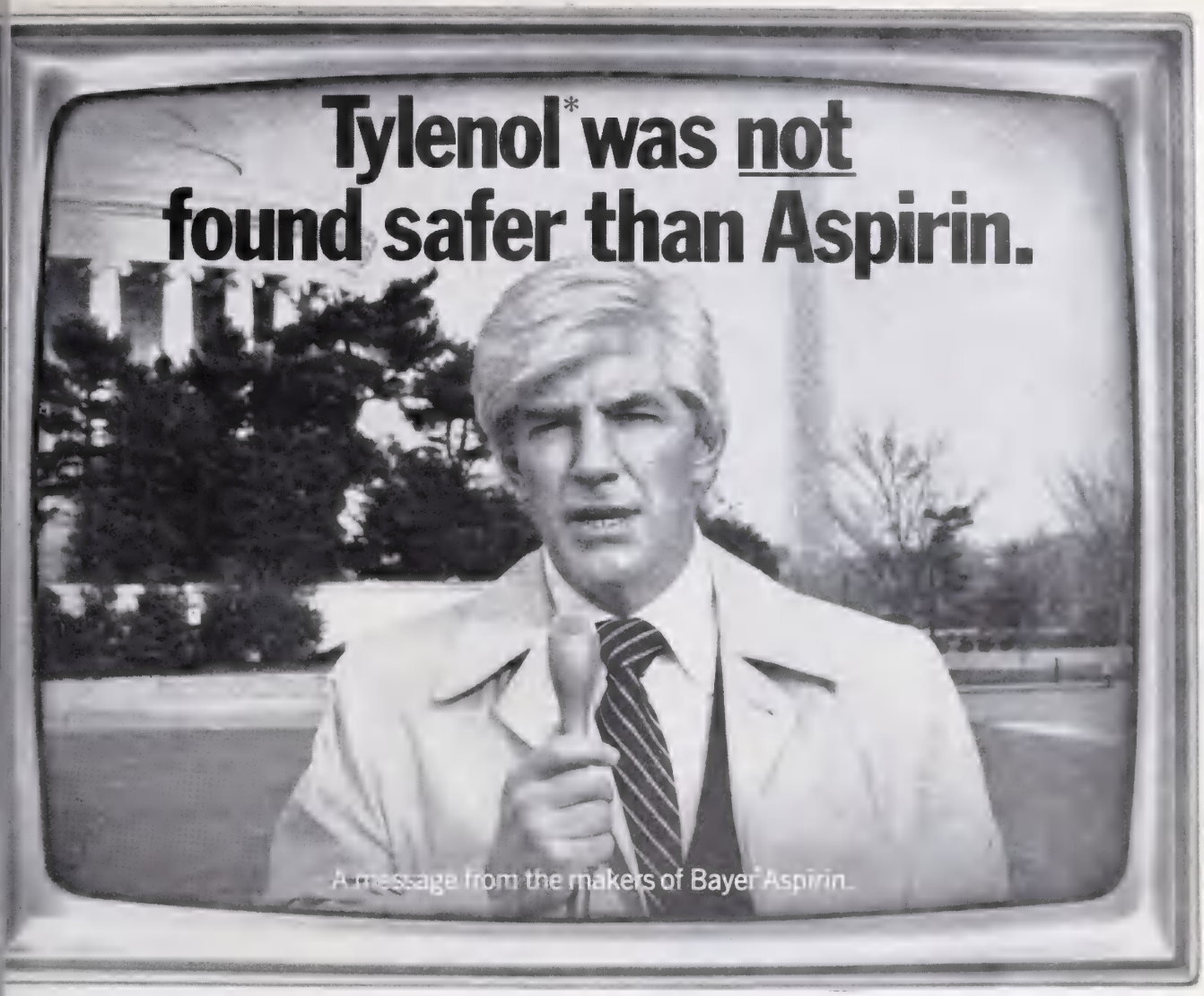
This garment will undoubtedly be sought out by athletic women who agree with Dr. Haycock, an athlete herself, that it's about time women caught up with men who have been working for years to perfect their own protective equipment, like special athletic supporters, shoulder pads and other uniform safeguards.

VAGINITIS. Recurrent Candida vaginitis—that unpopular complaint popularly known as a yeast infection—appears to have no completely effective cure.

This bad news comes from student health physician Mary R. Miles, M.D., and two associates. They found that young women with Candida vaginitis—which sometimes is called candidiasis or moniliasis—also have the yeast *(Candida albicans)* in their intestinal tracts. The intestines, therefore, are the probable source of the reinfections. Since there is no practical way as yet to cleanse the intestines of this organism, Dr. Miles writes in the *Journal of the American Medical Association*, "It would appear that permanent clinical cure of vaginal candidiasis is impossible no matter what drug is used to treat it topically." Fortunately, though, available drugs usually will effectively quell the symptoms of each successive outbreak.

Dr. Miles' advice is to use the drugs for the shortest period of time needed to stop the itching. It may help, too, she says, to eat yogurt, which competes with the yeast; to douche occasionally with vinegar and water; and to clean vaginal and anal areas separately when going to the bathroom.

These expedients could delay new outbreaks, Dr. Miles says, although they are unlikely to prevent them totally. It is more important for women to understand that vaginitis is not a result of unclean habits; nor is it a venereal disease. It is an infection that, for reasons that remain unclear, afflicts some women but not others. **End**



Here's what's behind the story you saw on TV.

There's more to the recent report on pain relievers than uld be told in a brief 30-second TV message.

In Washington, the Food and Drug Administration issued ıews release on the report of a panel of medical experts. ıe experts were appointed by the U.S. Government agency study non-prescription pain relievers.

Tylenol was *not* found safer than aspirin, the Food and ug Administration news release indicated.

Concerning acetaminophen, the active ingredient Tylenol products, the release reported "the experts found basis for claims that this ingredient is safer than aspirin d urged labeling to warn against the danger of liver dam- from overdoses."

The following warning for all acetaminophen products, including Tylenol, was recommended by the experts:

"Do not exceed recommended dosage because severe liver damage may occur."

And so—no matter what impression the public might have gotten from Tylenol advertising—Tylenol was *not* found to be safer than aspirin.

Aspirin, in fact, has given the medical profession over 78 years of excellent experience. In the conclusions of the AMA Drug Evaluations, aspirin continues to be the "drug of choice." Aspirin! Not Tylenol!

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HEADLINER



Richard Burton | NEW WIFE, NEW LIFE

Richard Burton drank, brawled and loved his way through two marriages. Now this "middle-aged, arthritic, Welsh miner's son" talks about the joys of finally being tame, sane and sober. By Neal Travis.

Richard Burton, at 52, is happy. He glows with contentment. It's a different glow from the one we saw during his years of prodigious drinking. He has a new wife, former fashion model Susan Hunt, who is exactly half his age, and he is ready, Burton tells us, for his next production. "I think," he says, in that rich, rolling voice, "that it is time I had another child, so we will be making a baby shortly. I want lots of children to look after me in my old age."

The baby-in-the-making will be Burton's seventh, at least as he sees it. He had two children by his first wife, Sybil, and he adopted Elizabeth Taylor's four (two sons by Michael Wilding, a daughter by Mike Todd, and an adopted daughter). Burton jokes about the overhead involved in maintaining ex-wives and the brood of youngsters. But, one of 13 children himself, he revels in a large family.

"The children are a joy to me," he muses. "They're all reaching the marriageable age, and at that stage the girls, particularly, are so much more demanding of a man's imagination. Oddly enough, my sixteen-year-old's the easiest to handle right now. One of the 20-year-olds is giving me a bad time. She's going through that phase where nothing matters, where life isn't worth living. So I'm very worried about her."

Talking with the relaxed, contented Burton, you know he'll soon convince his daughter *(continued on page 89)*

Rita Hayworth

"I AM NOT YESTERDAY'S MAGIC"

After a triumphant battle against alcoholism, she is not afraid of looking back. By Jane Ardmore.



The long black limousine glides to the curb in front of the Tiffany Theatre on Sunset Boulevard; the crowd surges forward, cameras click; and for a moment time stands still. Here she is, smiling radiantly, stellar in her sequin-studded dress: Rita Hayworth. "I'm fine, just fine," she says, greeting familiar faces. But shy, too, as she has always been, clinging to the arm of escort Mac Krim.

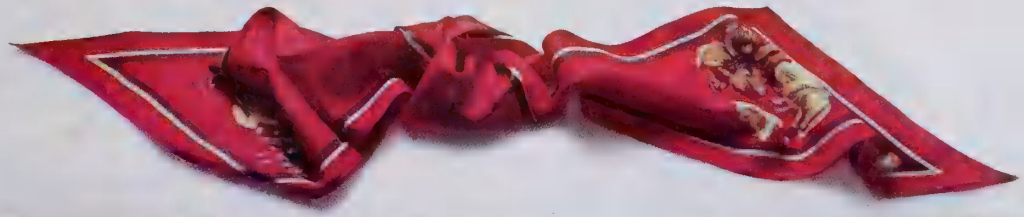
Tom Cooper, Tiffany Theatre owner, presents her with an award for her contribution to the motion picture industry; she was the "love goddess" of the mid '30's, '40's and '50's. It is a triumphant occasion for Rita who, at age 59 has successfully combatted the alcoholism that hospitalized her last March. During her hospital stay, a petition was filed in Orange County, which mistakenly put her affairs in the hands of the public guardian's office. The whole situation was traumatic for Rita, who heard about the petition while she was listening to the radio in her room at Hoag Memorial Hospital. But the order was revoked and the court appointed Rita's younger daughter, Princess Yasmin Khan, to act as guardian (Yasmin had come at once from New York). Rita's good friend and attorney, Leonard Monroe, then flew her East to recuperate at the exclusive Silver Hills Clinic in Connecticut.

"After six weeks, I just checked myself out of the clinic," Rita explains. "I wanted to come back. I've never liked the East coast. I love the sun. And there was too much idleness there.

The weekends, so *(continued on page 92)*

Photographs by Jim McHugh/Sygma

What the right scarf does for a plain black dress,





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HEADLINER

Kate Jackson

"I'M NO REAL ANGEL"

She's 29, carefree and has no strings—yet. But Charlie's feisty Angel has a plan . . .



It was October 29, Kate Jackson's 29th birthday, and as her grandmother teased her that morning via long distance from Alabama, "In another two years you'll be a spinster."

By her 31st birthday, Charlie's number one TV Angel expects to be married. To whom, she isn't sure. Odds are the man who takes her to the altar will *not* be Warren Beatty, nor Nick Nolte, nor *Aspen* star Sam Elliott—all of whom she has dated recently. Kate doesn't think actors make good husband material.

Marriage, however, isn't a pressing consideration. Not now.

"I'm not thinking in terms of a permanent relationship—yet," she says. "I'm too busy to be tied down. Warren and Nick are very nice, attractive men. I have great respect for Warren, who I think is a brilliant filmmaker. I learned something about being honest from Warren, too. He'll tell you exactly what he thinks, what he feels. And he's got the best sense of humor. I don't want to talk about Nick because we haven't gone out all that much. But to any man I date the best I can say is, 'In a couple of years maybe you'll still be around. I hope so. But for now I'm enjoying this little area of time being happy by myself.' "

The most private of all Charlie's Angels plans to spend the next two years establishing herself as an actress, writer and producer. Once she feels secure professionally, there will be time enough for a serious commitment to a man.

"I haven't fallen in love," she says, "because I won't allow it at this point. But in two years, I'd like to be married because I want to have children. I look forward to hearing the pitter-patter of little feet, and then the pitter-patter of larger feet—belonging to the housekeeper—right behind them. You see, I want marriage and children, but I also definitely plan to be a career woman the rest of my life.

"I know everything will happen in its own good time. And it won't be much longer before I have a very special person in my life. The man I marry will probably have to be creative. I don't think I could marry an actor. I'd probably get along better with a producer or director. Anyway, I'll know the right man when I see him. I believe in destiny. If I don't find him, he'll find me."

In the meantime, Kate says that she's having fun being single.

"I like going to dinner one night with one man, to a movie the next night with someone else, and to a party on the weekend with still another man. I enjoy seeing different people. It's a full, rich life for now."

Kate is a practical woman who thinks of herself as "together," independent and self-reliant. And she is. But in the early days of *Charlie's Angels*, she was assailed by vague self-doubts, in spite of the success of the series.

"I seemed to have everything a woman could want," she says. "But I didn't feel happy. I wanted to enjoy the success of the show and the things that were happening in my career. Yet I didn't want to fall into the traps I see so many other show business people tumbling into.

"I wanted to know if there was anything brewing in my subconscious that I really ought to know about. Sessions with a psychiatrist helped a lot. I *am* happy and content now.

"One of the reasons for my happiness is that I created a family of friends. All single people should."

Co-Angel and fellow-Southerner Jaclyn Smith is part of Kate's family of friends. And although there have been rumors of rivalry between the stars, in actuality the two work well together.

"My friendship with Jackie is a great help on the set," Kate says. "Sometimes we get so tired we can hardly go on, but then one of us will kick the other into gear, and somehow we make it through the day."

"I guess Jackie and I are a study in contrasting lifestyles," she adds. "For example, last night Jackie gave a small birthday party for me. I, the guest of honor, sat down to her elegant dinner wearing my blue jeans, a turtleneck sweater and a seven-year-old workshirt with the sleeves cut off. Jackie wore a smashing silk blouse and slacks. We're very good friends, but we're very different."

Another part of establishing a happy, single life, according to Kate, is knowing how to keep busy. She spends 14 hours a day as Sabrina Duncan, the no-nonsense leader of Charlie's Angels. After a draining day at work, she jumps into her Mercedes or her Jeep and heads for home. Two nights a week are taken up with vocal *(continued on page 177)*

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Richard Burton

continued from page 84

life is, indeed, worth living. "Oh, ' he says, "I've had it so easy all my It seems to me I was born with a lucky spoon in my mouth. By the s of where I come from, I'm a ter- success. In the local pub at home in es they say, 'Oh, yes, Richard's dy successful. He goes back and to London like you and me goes e lavatory.'

'es, I've had a singularly happy life, h too happy," he says, almost guilt- 'I had a wonderful childhood, and spoiled because I was the baby of amily. Actually I was the twelfth of een children but the thirteenth was five days old when my mother died e was taken away, adopted. So, in lt, I was the youngest. I discovered early on that if I smiled a lot and d my eyelids, I could get anything nted from my brothers and sisters. example, all the brothers decided I ld go to Oxford University, which unheard of for someone from our ground. But they sacrificed them- s so I could go there. At Oxford I a charmed life. The same in the l Air Force—not a scratch or a e. Then back to the theater and I a star the first year. And the three en I've married are great beauties, very interesting—all of them. The ren are sweet, every one of them is ming. I've just been bloody lucky. ll been so happy. Sometimes when with the great ones of the theater, Olivier and Richardson, Gielgud Guinness, and Scofield and O'Toole, l guilty. They had to struggle so. I as if I'm an intruder because I t have to. I've never felt insecure, r worried about my future."

Lifestyle tamer

ıe future that Burton doesn't worry t may be more promising than his publicized past. Both he and Susan ounce their marriage a happy one, Burton's lifestyle, if somewhat r than it was with Elizabeth Taylor, s to agree with him.

ome for Susan and Richard is either zerland or their new island place in gua. "Actually home is where my s are," says Burton, who calls him- "bibliomaniac" and has thousands lumes in his libraries. "I love books only thing I still lust for in life is to Doctor of Literature at Oxford. Put in your article. It might help."

ırton's life with Susan is quiet, al- ordinary. "I go to bed early, like r eleven P.M.," he says, "and always ıp around 5:30 A.M." Their eve- s together are spent reading. "If you read and you want to be my life's ıer, you won't last very long. But Susan is a reader, so that's no problem."

His domestic life in order, Burton is also happy about his latest film, *Equus*. "I have made more than my share of real stinkers," he cheerfully admits, "but *Equus* is one of those I'm proud of."

Burton's drinking almost cost him both the Broadway role in *Equus* and the film. "My agent sent me the script very early on, and I rejected it most arrogantly because of the title," he says. Finally, his agent persuaded Burton, who at that point had stopped drinking, to see Tony Perkins perform the part on Broadway. Burton saw the play, and agreed to take the part for 12 weeks.

His return to Broadway coincided with his marriage to Susan. The marriage and Burton's reputation turned *Equus* into a media circus. "Everyone was very surprised," he said, and chuckled. "There was an almost audible gasp from the audience every time I stood up because they thought I was going to fall down, blind drunk."

Burton talks about his drinking days with nostalgia. "It's funny," he says, "but some sections of the press suggested that it was Elizabeth who drove me to drink. Poor dear, she had nothing to do with it. I began drinking when success came to me, about the age of twenty-two. It never affected me badly. I didn't have a hangover until I was forty-five. But it did get me into scrapes. I used to fight, physically fight, a lot."

According to Burton, his famous brawling stopped when he *(continued)*

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Mom's simple homemade roast meat gravy

To make 2 cups (5 to 6 servings) of gravy, add 4 ta spoons flour to 4 tablespoons pan drippi Cook and stir until smooth. Add 2 cups w and cook, constantly stirring, until gr thickens. Add 1 teasp Kitchen Bouquet and sea to taste. For da gravy, add m Kitchen Bouqu

Richard Burton

continued

was 38. "I got involved in a street fight in London and I got really badly beaten up. And during the fight I found I couldn't swing properly. That was the first time I realized I was growing old."

Burton's heavy drinking—three bottles a day—took longer to control. At forty-five, I was really in a bad way," he says. "I don't know why my liver is still intact." It took six more years before Burton cut his drinking to its present level. ("I'll have a few jars to celebrate something maybe twice a year.")

Although his new wife is credited as the influence behind his abstinence; the decision to stop, says Burton, was his and his alone. "When finally it got to the stage that I was so hung over that I couldn't hold a cup of coffee in the morning, well, pride I guess helped me to cut it out all together. It's been no desperate struggle to do it."

Burton's drinking, fighting and loving made him one of the most headlined actors of our time. Yet he says, "I don't really care what they say about me—and I don't generally read it. Susan—and before Susan, Elizabeth, and before her Sybil—censors the papers before I get them. She clips the bits I shouldn't see."

The only press that has bothered Burton involved attacks on his family. "Say what you like about me, but leave the women and children alone," he says. "Even the Vatican newspaper said Elizabeth's children should be taken from her because of the affair with me. What unbelievable rubbish . . . she's the best mother who ever walked the earth."

The moralists may have dropped their attacks, but the fans and the photographers are as insistent as ever. "Just the other day, Susan and I were in Spain. I said to her we would have to be careful where we went. But she's had sort of a taste of fans with her former husband [race car driver John Hunt] so she thought she would have no trouble being with a middle-aged, arthritic, Welsh miner's son. Well, she's learning. We came out of a Malaga restaurant, and there were hundreds and hundreds of people there, flashing cameras and screaming. We had to run into a shop and hole up there for an hour and a half. Susan liked that; she bought most of the shop while we waited. But it still intrigues and baffles me that people want to mob me. Why doesn't it still happen to other actors of my age and weight?"

With fame and all its problems, came fortune, too.

Asked about his financial situation, Burton brightens. "Fortunately, I have enough money. I don't mean that I'm a multi-zillionaire or anything, but I certainly have enough money to keep in reasonable comfort for the rest of life. But those poor British-based acto I think it is insulting to sit with someo like Lord Olivier and find out that h worried about paying his taxes. I g out, you see, when I was twenty-six a moved to Switzerland.

Pleasure of money

"They tell me I've earned twen three million dollars in my career a given away eighteen million. That's ways been the pleasure of money to —giving it away. Fortunately my law (Aaron Frosch) is also an old frie and way back he formed a trust for that I can't invade. And he won't let have a checkbook. He did give me credit card recently, so I can now anywhere. (Burton fumbles in his poc ets, curses that he's already lost the n magic card, then finds it.) "See, is this marvelous? The Air Travel Card can go anywhere I please.

"Actually, most of my money is ti up in trusts for the children. If I dr dead tomorrow, none of the fam would suffer particularly."

Is death, or old age, something th worries Burton?

"I have this dread of getting old a going gaga, that I'll be seventy eighty and not responsible for my a tions. I'd like to remain intellige

gh to the end so that I wouldn't
er anyone. I think this fear comes
t because I had a brother, my fav-
, who was a footballer and so tough
fit. Then he broke his neck and was
adraplegic. He lived for three and a
years without being able to move a
le. That is my idea of horror. I saw
rother go from fourteen and a half
(203 pounds) to seven stone (98
ds). I loved him, but I had to have
al really stiff scotches before I
go and see him.
would like to go out like my father
He drank all his life, womanized—
s just a pale imitation of him—and
at eighty-three, he just dropped
while strolling in the street. I love
hought of being old-aged, in posses-
of my faculties and being irascible
eating people with my stick. That's
at old age, but the other kind I
fancy."
hat would Richard Burton like to
membered for?
Well, I think I've shot that. I would
o have been remembered as some-
who didn't ever hurt anybody. I'm
I've hurt people in my life. Al-
always without malice, but
gh sheer thoughtlessness. I have
people and the damage is irrepar-
I still wake up in the middle of the
thinking about the harm I've
."

Misses friends

y other regrets? "Well, I miss the
ds who've died or vanished. I re-
ber Hollywood and New York in
halcyon days when we were all
g and promising. It's not the same
to arrive in Hollywood and not
Humphrey Bogart on the phone
ling, 'Get your tail up here.' "
ith the deaths of Bogart and Peter
n, Robert Mitchum is his last best
l in the acting field. "He's an amaz-
ellow, Mitch. We've never acted
her, but we've known each other
ears. The very first time we met was
llywood, at a party. We were both
in town. I didn't know who he was
e didn't know me. Well, there was
nist playing at the party, and when
bit sloshed I like to recite verse to
companiment. So there I am recit-
nd suddenly there's this big chap
these lazy eyes interrupting me
some patter of his own. So we go
across the piano, the poor fellow
laying. I go 'boom' and hit him a
one, and he goes 'boom' back, and
k, 'Jesus, I've got a tiger here.' We
ne best friends from that night."
unger actors, those coming up now,
lo they respond to Burton?
here's a whole school of them who,
me unfathomable reason, want to
enge me. They want to punch me
r verbally abuse me. I've never
met them. Richard Harris. He's in



Heublein's Pink Squirrel 30 Proof ©1977 Heublein, Inc., Hartford, CT.

my next picture, I think. I've never met him, but he seems to have some chip on his shoulder about me. There's another one, Oliver Reed, he's always giving me hell—worst notices I ever get are from that chap. Christopher Plummer, they tell me, always gives me a very hard time, particularly when he's in his cups. They all have great fun at my expense, but I don't suppose I really mind."

An admitted hot-tempered brawler, Burton's new, cool attitude must come as a surprise to his supporters and detractors alike. But with his personal life happy and stable, and with his career on the upswing, all of us will have time to adjust to a mellower Richard Burton. Having just come to terms with his life, he is not about to retire. **End**

THE DOVE AND THE DAY

By Virginia Scott Miner

The dove throws out
a net of sound
to catch the ears
of all around,
and then
he counts
exactly three—
not one count less
or more can be—
to say
the day
may, for his part,
start.

Rita Hayworth

continued from page 84

dreary. I thought I'd be better off being more physical. I was convinced I could recover faster at home. I've been playing lots of golf, at the Riviera Country Club here and at the Mission Hills Country Club in the desert. I'm also doing a lot of walking and I swim every day."

Those activities are essential to Rita. Most stars eat, sleep and think acting. For Rita, whose film career started at the age of 14, acting is *work*. Golf and swimming are fun. Several years ago, teamed with Marlene Hagge, she copped the Ladies' Professional Golfers' Association championship at the Dinah Shore Colgate Winner's Circle Tournament. And once, in Scotland, in the pouring rain, she broke 90! An Academy Award couldn't have thrilled her more.

"I'm on a strict diet," she says, "I'm eating health food and avoiding meat. I've cut out all artificial sugar. Three months more of this schedule and I'll be perfect and ready for work.

"What bores me are stories that smother me in nostalgia. I am *not* yesterday's magic. I am *not* lonely. I have friends I've known forever and I make new friends wherever I go." Her friends flocked to support her in her time of need. Flowers, cards, letters, calls and telegrams came pouring in. Elizabeth Taylor phoned from Virginia to invite her to stay at her farm. Frank Sinatra showered her with flowers and invited her to his compound at Palm Springs. Yasmin's love and care was the best therapy, as was constant communication with Rita's older daughter (by Orson Welles), Becky Welles Moede. And theater owner Mac Krim, a loving, understanding man whom Rita dated years ago, has reappeared in her life and is her man of the moment.

Life most dear

Nothing is more dear than life and health when one has known illness. "I enjoy today, am eager for tomorrow and I'm not the least bit afraid of looking back," Rita says. "Why should I be? My God, I've had wonderful opportunities and I'm glad I did whatever I did. Everything I've ever felt, everything I've ever experienced, has helped me become the person I am today."

And that person is vital, candid, fiery, sensitive—a beauty who takes her own appearance casually and cherishes instead the beauty of the world. She loves art, music and literature. But her elegant taste makes staging her career comeback difficult. "She's very selective," explains lawyer Leonard Monroe. "She refuses to play unsavory characters."

First on the agenda may be a TV pilot for a series Rita will co-host with friend George Masters, who has designed her new, shorter hairstyle. She is also interested in playing Eva Peron in a film biography of the Argentine dictator's wife. She's carefully reading the many scripts she has received because this is a time to pick and choose (her last assignment was cut short when she caught the flu in London; she was there doing location scenes, wearing summer clothes in bitter weather). Now is a time for more complex, demanding roles in sophisticated comedies or dramas; she has grown as an actress and a person, and she knows it.

"For me every picture should be a love affair. I have to fall in love with the script and with everyone I'm working with; otherwise the picture doesn't jell. But that doesn't mean I have affairs with the men I work with. Consider, for example, the movie *Wrath of God*, for which we had to spend months in a romantic mountain town in the Sierras. Everyone in the cast and crew was male but me, and there was *no* carrying on. Bob Mitchum, director Ralph Nelson and the fellows on the crew were all my friends. This is a profession—not the oldest profession," and she laughs richly. "But we're pros. We work and we work hard."

Rita's been a hard worker all her life. She's *had* to earn a living and she wouldn't have wanted it any other way. "From age nine to age twelve, I worked to perfect my dancing. My father, his eight brothers and his sister all danced professionally. Instead of a rattle, I castanets. My Spanish grandfa Padre, made me my first pair o pomegranate wood."

Rita's mother, who had been a mate of Helen Hayes at a Washin D.C. dancing school, ran away at join the Ziegfeld Follies in New City. "That's how she met my fat Rita says. And Spanish Eduardo Ca married Irish-American Volga worth, a dark-haired, blue-eyed be

When Rita was nine years old an depression had hit, the family mov Hollywood, where Eduardo open dance studio. Rita, whose full name Margarita Carmen Cansino, pract endlessly in the studio. "I sensed tha family was going to need money." sure enough, when the dancing s didn't prosper and Rita was 12, f and daughter opened as a dance tea Tijuana.

After dancing eight months in T na, Rita and her father had a year's in Agua Caliente, a Mexican resort t One night, some people from the Film Corporation caught the act asked Eduardo if he would allow Ri dance in the picture, *Dante's Inf* and to do a screen test. He said yes

"It was only a photographic test got by," Rita says with a laugh. first speaking part in *Under the Pa Moon* was a disaster. They'd given nine o'clock call and I misunderst When I came in at nine, without mak

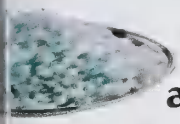
(continued on page 140)



"Howard, guess what my inventive and playful mind has gone and done now."

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mber may charge
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SPRING FLOWERS IN WINTER

It's easy to make spring shrubs and trees bloom in winter. All it takes is careful pruning and these quick how-to steps. By John James.



When you are bone weary of winter and can't wait for spring, that's the time to force such spring blossoms as pussy willows, forsythia and apple blossoms into bloom.

When you force branches into bloom—about a month or two before they would bloom normally—you enjoy spring ahead of time. So bundle up, go out in the yard and cut some branches from your dormant flowering shrubs and trees. Select branches that will be pruned later anyway and if you can manage it, cut interesting shapes that will help make your arrangements unusual. Choose shoots with fat flower buds. The larger and fatter the buds, the better the blossoms will be.

Timing is important: After buds begin to swell a little in the late winter or early spring, the branches can be cut for forcing. On earlier cuts, the flowers will not be as large and there is also the possibility that the buds will shrivel up or drop off. On the other hand, nothing is gained by cutting too late, for the plants will be in bloom outdoors about the same time as the forced branches. Stay between one and two months before normal blooming time. If possible, cut branches during a thaw or on a mild day around noon. They are then filled with sap and in good condition for forcing.

Start during the January thaw. Get some pussy willow and witch hazel. Pussy willows are the easiest of all branches to force.

February will have some rain. After the rain is a good time to cut forsythia and cornelian cherry.

In March, don't miss the flowering crab. Its delicate pink should appear in the third week after you've brought the branches indoors.

After cutting, slit and scrape cut ends to about 3 inches. Or split with a hammer—but do not mash. Submerge branches for about 24 hours in a tub of water at about 70 to 75° F., which is considerably warmer than the temperature outside. Then place the stems only in a container of cool water and put the container in a cool, semishady location—the garage, basement or anywhere where the temperature is around 60 to 65°. It's good practice to drop a few pieces of charcoal into the water.

After a few days, move to a lighter, warmer spot, but not a sunny window. A north window is fine. The addition of a commercial conditioner seems to be helpful.

About once a week change the water and cut about 1 inch off the stem. Again add charcoal and conditioner. Once a day, or at least three times a week, mist the branches with tap water until they are wet. This takes the place of spring rain, adds humidity and helps to keep the buds plump.

As blooms begin to appear, arrange the branches decoratively and move into bright sunshine. The sun puts color into the buds.

Are the blossoms too advanced for the date you want them? You can retard them by moving them to a cool, shady spot with temperatures around 55 to 65°.

Does it look like you are going to miss your date? Need to speed up the forcing process? Then put the branches in tepid water—100 to 110°—let the water cool, and let the branches remain in it until the next day. Misting with warm water will give them an additional boost.

Here are several more points to remember:

Shrubs that produce blossoms before leaves, such as forsythia, force more readily than those whose leaves appear before the blossoms, such as deutzia and weigela.

The later the plant blooms outdoors, the longer it takes to force it indoors.

The closer you approach the blooming season when you cut, the less time is required for forcing.

Later-blooming flowers, such as May-blooming lilac, can also be forced in late March or April, if the flower is still dormant. But you cannot cut branches in the fall or early winter and expect them to bloom. Dormant branches need a period of cold before they can start to flower. In our efforts to hasten spring and force branches into bloom, we can't skip winter entirely.

Here are some of the more common branches that can be forced and suggestions for forcing them. The forcing duration given will vary according to your area. It is based on an average of cutting six weeks before bloom and forcing at 65° night temperature. The blooming date given will also vary with your location: Add roughly a month for New England and Minnesota and take away about a month for Washington, D.C. and Tennessee.

APPLE (Malus sp.): Normal bloom in May. For blossoms in late February and early March, cut in late January and early February; blooms in four weeks. For blooms in late March and early April, cut in March; blooms in three weeks. Lasts one week.

AZALEA (Rhododendron sp.): Normally flowers in May. For flowers in middle to late March, cut in late January and early February. Blooms in four to six weeks. Flowers last about a week.

BEAUTY-BUSH (Kolkwitzia amabilis): *(continued)*

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SPRING FLOWERS

continued

Blooms naturally in June. Pink and orange flowers. For blooms May 1, cut March 15. Lasts two weeks.

BRIDAL WREATH (Spiraea prunifolia): Normally blooms in May. For blooms in mid-April, cut in mid-March. Lasts five to seven days.

DEUTZIA (Deutzia sp.): Blooms normally in May and June. For blooms in late April, cut March 15. Lasts ten to 14 days.

FLOWERING ALMOND (Prunus Davidiana): Normal bloom: May–June. For blooms in March, cut two to three weeks earlier. Lasts about one week.

FLOWERING CHERRY (Prunus Sieboldii): Blooms normally in May. Pink flower. For late February blossoms, cut in late January. For mid-March blooms, cut in late February or early March. Lasts ten to 14 days.

FLOWERING CRABAPPLE (Malus sp.): Blooms naturally in May. For blossoms in late March, cut in early February. Lasts four to five days.

FLOWERING DOGWOOD (Cornus florida and C. florida var. rubra): Normally blooms in May. For mid-April bloom, cut March 15. Lasts about a week.

FLOWERING PEACH (Prunus Persica): May is normal blooming time. Red or pink flowers. For March 1 bloom, cut in late January. Lasts about a week.

FLOWERING PLUM (Prunus triloba): Blooms normally in May. Pink blossoms. For middle to late February blossoms, cut in late January. For late March blooms, cut in early March. Lasts seven to ten days.

FLOWERING or JAPANESE QUINCE (Chaenomeles lagenaria): Normally blooms in April. For flowers in mid-March, cut in late February. Forces in three weeks. Lasts ten days.

FORSYTHIA (Forsythia sp.): Blooms normally in April. Yellow flowers. For bloom in early to mid-February, cut three weeks ahead. For bloom in late February to early March, cut two weeks ahead. For bloom in middle March, cut one week ahead. L to seven days.

HONEYSUCKLE (Lonicera sp ter honeysuckle blooms natu April. For early March bloom late February. For blooms late i cut early in March. Other hone that bloom in May may be forced bloom in April. Blooms two weeks. Lasts five to seven

LILAC (Syringa sp.): Normal May and June. For flowers in mid-April, cut in early March. to seven days.

MOCK-ORANGE (Philadelph Blooms in June–July naturally. ers in mid to late April, cut March. Flowers last ten to 12 d

PEAR (Pyrus communis): blooms in May. For blossoms cut in late January or early F For blossoms in late March, cu March. Lasts ten to 14 days.

PUSSY WILLOW (Salix disco February or March, cut seve days before you want them. bud scales to retard developme len. When fully developed, re water from the vase to exten ness. Lasts two weeks and long

RHODODENDRON (Rhodo sp.): Normal bloom in May a For late March bloom, cut in ruary. For mid-April bloom, cu March. Lasts six to eight days.

SPIREA (Spiraea sp.): Brid Garland, Thunbergi and Vanho reas normally bloom about A March flowers, cut in late Fe early March. They force in tw weeks and last a week or more.

WEIGELA (Weigela florida) pink and red flowers that bloom ly in May–June. For blossoms cut in late March. Branches and woody, so crush the ends a tion them first in warm water. to 14 days.

WILD PLUM (Prunus am Large flowers in small clusters For late March bloom, cut March. Forces in two to thre Lasts three days.



"Sometimes I think Martha married me to balance the ecology."



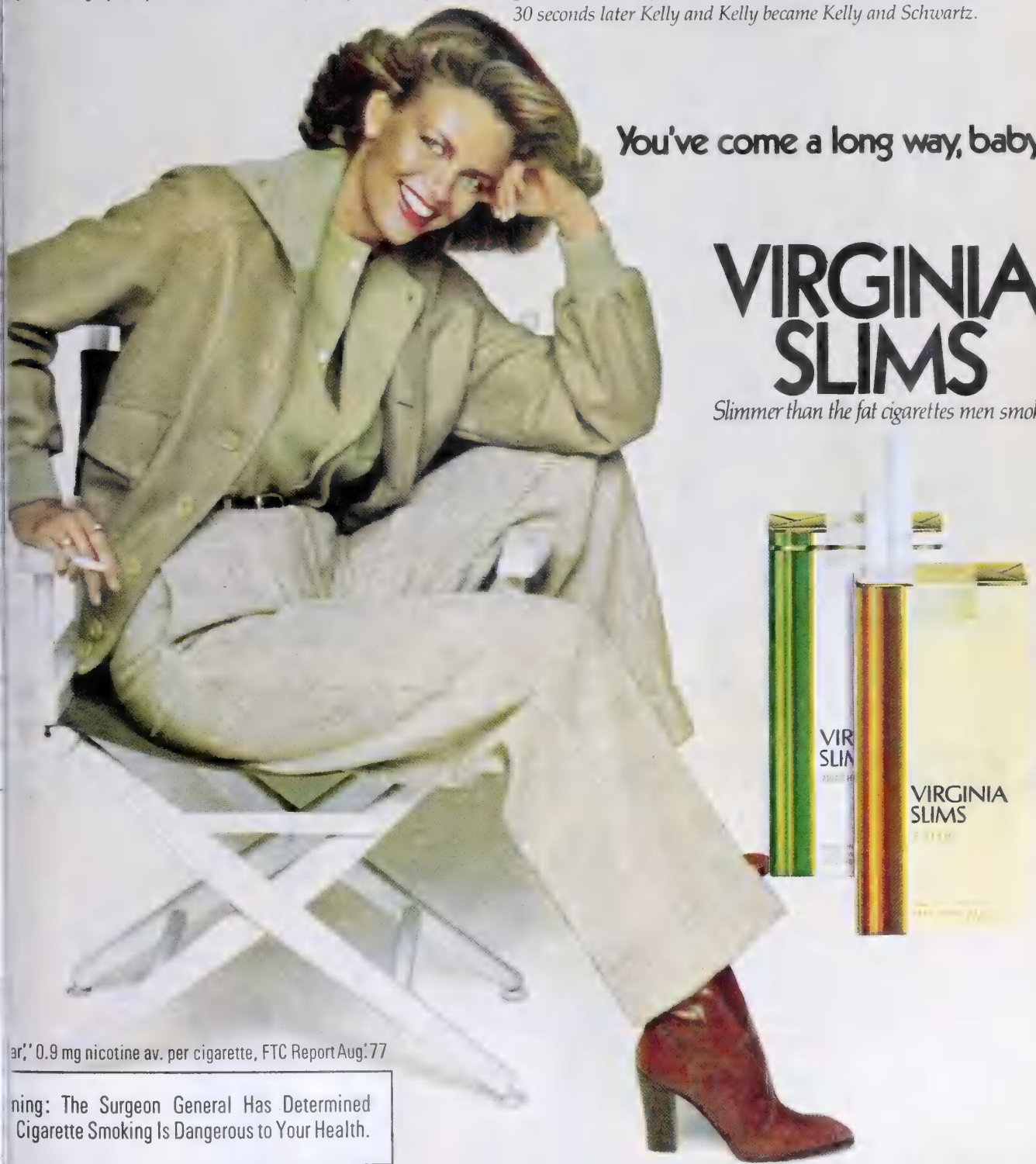


, Julie Kelly of the famous dance team of Kelly and Kelly lit up a cigarette in the wings of the Palace Theater in Atlantic City, New Jersey. 30 seconds later Kelly and Kelly became Kelly and Schwartz.

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Jimmy Carter: "My First Year"

"This job is impossible," the President frankly admits. In an exclusive interview (above), he talks candidly about what you really win—and lose—when you become the most powerful political figure in the world.
By Trude Feldman

"If all the nights in the next four years are like this, I'll enjoy it."

That's what Jimmy Carter said about the presidency one year ago, on the eve of his inauguration as 39th President of the United States, at a gala in his honor at Washington's Kennedy Center.

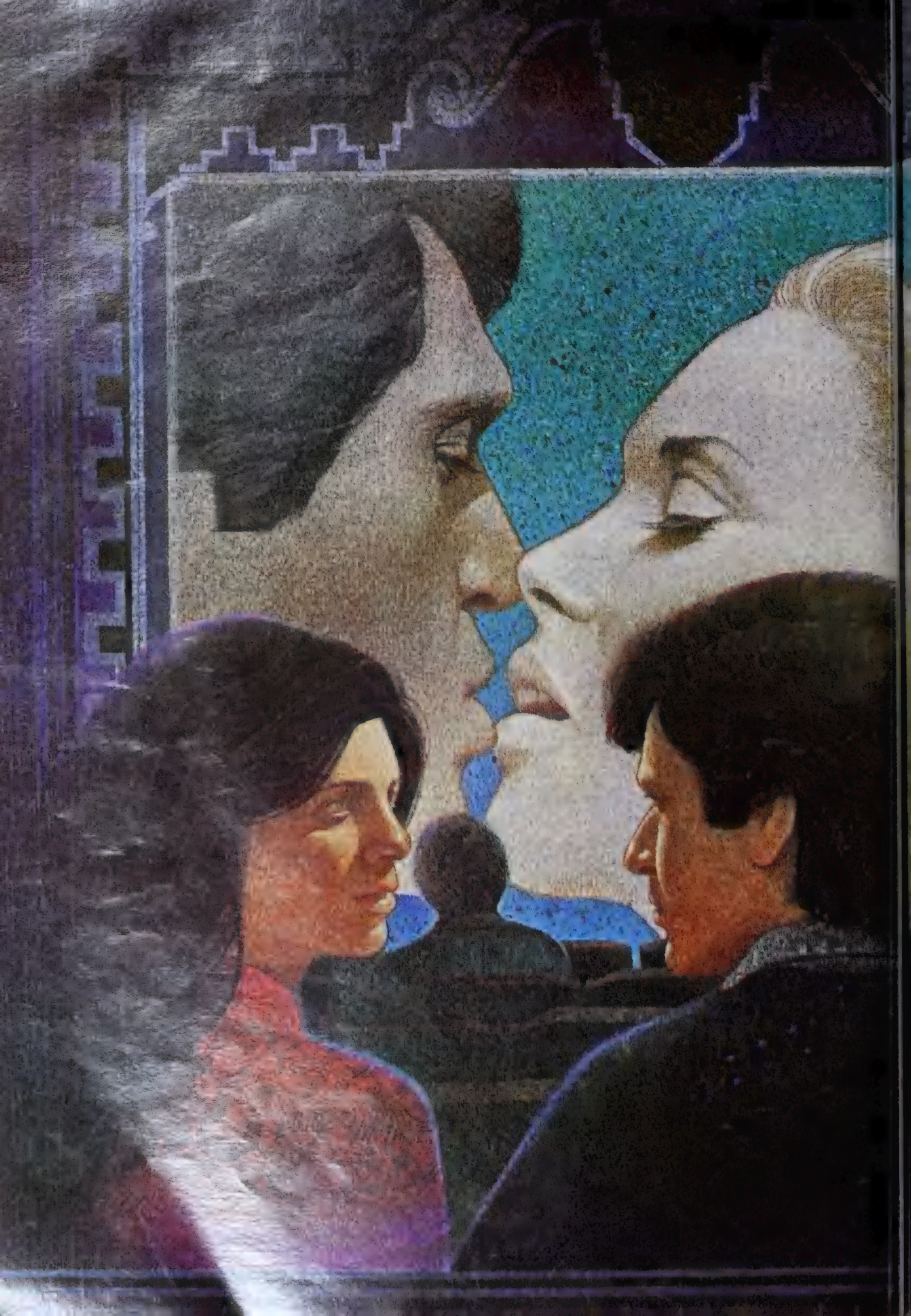
In the year that has passed, neither all the nights nor all the days have been like that one. The President's popularity has sharply declined. There is mounting criticism of the way he deals with Congress. He has been accused of reversing positions; of doing too much too quickly. There has even been talk that he is destined to be a "one-term president."

Nevertheless, Jimmy Carter says he enjoys the presidency and gives no indication that his enthusiasm for the world's most demanding job has lessened. "The challenges are enormous," he said. "That's what makes this job so rewarding. But, I'm keeping up with it and I feel confident.

"Once one attains the presidency of the United States, there is no higher office. I want to be the best President our country has had. If I'm not, it won't be because I haven't tried."

President Carter thrives on his position as the world's most powerful political figure. He likes it all—from trying to gain congressional approval of a new Department of Energy and enactment of the anti-boycott bill, to hosting Japanese Premier Fukuda —a fellow peanut farmer.

Leaning back in a wing chair, his hands folded until he gestures to make a point, Jimmy Carter reflects on his first year in the White House, talking about the joys and the satisfactions as well as the frustrations of the office. *(continued on page 170)*





SECOND THOUGHTS

A lost love, like a movie, has the lure of illusion. But the real stars in our lives are usually our daily supporting cast. A short story by Jonellen Heckler

Oh, no. It can't be. A jolt of recognition jumps right through me.

In the dim movie theater, I feel my husband turn. He stares at me with intensity.

"What's the matter, Jeanne?"

I can't answer. I shake my head, breathless from the impact of seeing Michael again.

"Jeanne?" Nick touches my arm. "What is it?"

"That's Michael Garrett."

"Where?"

"There." I point to the screen. "Playing tennis with Faye Dunaway."

"*That's* Michael Garrett? You're kidding!" He's impressed. I am sick.

This is worse than any encounter I'd imagined—a cruel joke. What are the odds of this happening? The last I knew about Michael, he was on the dinner-theater circuit.

As I watch his technicolor legs chase Ms. Dunaway's volleys, his straight-toothed smile engaging her sensuality, my seven-year marriage to Nick fades into a dream-like memory. In his cinema figure, Michael owns the only real world. Nick and I become visions —a fun-house mirror that distorts our features and thickens our waists. We are merely mortal, aging quietly in the Midwest.

Michael, on the other hand, still possesses his youthful freshness and vibrant physical energy.

Maybe I should have clung, against all reason, to the perpetual adolescent with the physique of a Greek god. But ours had been a furious, exhausting relationship of which we could only be described as survivors.

And I am one of the few people who could know the long distance Michael has climbed using his appearance as a ladder. He is an artist's composite, everything in perfect proportion: a charcoal-pencil sketch with light shading for tanned limbs, deeper shading for midnight eyes and well-behaved crisp hair.

I hurt when I look at him.

Mercifully, Michael is written out of the script early in the film but the sharp edge of his success stays at my ribs.

Emerging into the somber afternoon light, I shiver with cold and rising anger. Snow is pelting the parking lot, adding still another layer to the season's accumulation of ice. Indianapolis, of all places! While Michael bronzes in the California sun. I have the unreasonable urge to take out my frustration on Nick.

"I'll get the car." He pats my shoulder and jogs happily into the sleet. We are the usual marriage mismatch: an "A" personality irrationally stuck to a "B." His boundless energy and optimism, so foreign to me, are the very things that make me love him.

On the way home, I keep silent, trying to pull my agitation apart into understandable pieces. Why should Michael's good fortune turn my well-rounded life into a limp résumé? "Interior designer married to architect." Is that so dull? *(continued on page 183)*

Illustration by Richard Krepel

SKIN

Close-up on skin: A basic guide on ways to keep your skin looking healthier and more beautiful. By Maureen Lynch, Health and Beauty Editor.

"The finest clothing made is a person's own skin," wrote Mark Twain. And so your skin deserves the best possible care you can lavish on it. What exactly is this "birthday suit" you wear your entire life? Skin is the largest organ. It wards off hordes of bacteria...protects the body's sensitive tissues...and regulates the body's temperature. ■ Thickness varies from 1/50 inch on paper-thin eyelids to 1/3 inch on palms and soles. ■ Skin is extremely sensitive. One square inch contains about 72 feet (!) of nerves. ■ It weighs about 7 pounds for the average female, 10 for the male. ■ A woman's skin is thinner than a man's and wrinkles more easily. ■ To fight wrinkles, lines and general tautness—your chief weapon is water. You can help keep the precious H_2O in with a daily film of moisturizer. More about that on the following pages.

New look at an old routine: How to wash your face.

It's clear that the Number One need for healthy skin is cleanliness. Therefore, we're taking a look at something as basic as washing your face. You've been scrub-a-dub-dubbing your whole life, right? Well, we've found one of the best wash-ways happens to be one of the simplest. This technique, from skin-care specialist Anne Keane, is gentle but effective. First step is to wet your skin with splashes of warm water. Next, work up a lather with a mild soap (if your skin's on the oily side) or a water-soluble liquid cleanser. Your own spanking-clean hands are the fastest, most hygienic tools to work with (think of how much easier it is to rinse off your hands than to get every bubble of soap from a washcloth). After cleansing, rinse thoroughly to wash each speck of dirt and grime away. Finally, pat dry. Moderation is the key. Avoid using too much soap or scrubbing too heartily. Every motion around the face should be done tenderly; stroking, not scouring.

Photographs by Pacconi. Makeup by [illegible]. Wigs by [illegible]

FACING FACTS: CLIMATE CONTRO

What part of the world does your skin come from? Climate major factor in skin type. Traditionally, English/Irish skin g raves for its translucent glow. These fair isles are blessed v the ideal conditions: moist climate with little sun. ■ Latit (how far north or south) is important, too. Wintry climes as harsh as tropical sun. Cold air contracts blood ves slowing down oils. Steam heating (U.S. style) also robs ski its moisture. ■ Think positively. Even if you live in a drenched, smog-filled or icicle site, your skin is miraculou designed to rally. Says skin-care expert Janet Sartin, "Be ful skin depends on consistent care—wherever you live."

DOCTOR'S DICTIONARY

One answer to looking and feeling better is to smooth over any "rough" spots with professional help. Chemical Peeling. Literally, chemical "burning" off of top layers of skin. Most effective for fine wrinkling/acne scarring on fair skins. Darker pigmentation may end up with discoloring, scarring. Dermabrasion. Scars, fine lines or even freckles are spray frozen and "sanded down" with a small wire-brush machine. Expectations often run higher than results. Differs from Dermaplaning, or removing skin layers by a sharp slicing machine (more risk of scarring). Occasional deep pitting or scars from injuries can be removed by facial plastic surgery. The excised scar is an improvement; smaller scar remains.



Instant test for Oily Skin: To do when you wake up in the a.m. Before even washing your face, get out an ordinary brown paper bag. Tear off a small piece and wipe across your forehead. If the paper becomes translucent, you'll know your skin type is oily.

HANDLE WITH CARE

Going to a salon for a facial is more than a luxury. It's a chance to get an in-depth survey of your skin's terrain. It's astonishing how little we know about our own faces—at any age. Many women who get monthly flareups will swear they have problem skin—or because they have a shiny nose, will classify themselves as "oily" when the rest of their face is desert-dry. The typical visit to a salon will include a thorough cleansing (perhaps a steaming), manual removal of blackheads and blemishes, a mask and gentle massage. One point that rages on: whether or not to advise at-home blemish "squeezing." If you decide to try, take the advice of skin-care expert Christine Valmy who emphasizes care *and* cleanliness. "To remove a blackhead, wrap both index fingers with thin strips of cotton dampened with water/astringent. Place fingers perpendicular to skin, about ⅛ inch away from blackhead. Press down slightly, fingers almost touching; push upward to bring out from the bottom up."

Things that go bump in the night: acne, teenage to adult

Two important facts have surfaced about acne. First, acne doesn't automatically quit after your teen years. Second, affirmative action should be taken quickly. Wrong to think, "it will pass." It won't. And it may scar permanently. ■ Although the medical name for pimple is "comedo," ("glutton" in Latin), the latest theory is that those foods with the bad reputations (chocolate, nuts, fried foods, etc.) have no real effect on acne. This startling departure explained by dermatologist Dr. Jonathan Zizmor, is based on the theory that oiliness isn't caused by fat in the diet but by how sensitive your oil glands are to hormone levels in the bloodstream.

■ Surprisingly, some so-called health foods can trigger reactions, if in excess—such as foods with a high iodine content: kelp, sea salt, artichokes. Or foods high in androgen such as wheatgerm, shellfish.

■ Stress can cause acne. So can many medications.

KIN CHANGES

secret to maintaining beautiful
n is the same as with other
:hines: Keep well-oiled. One
blem you'll have to face as the
rs fly by—a natural decrease in oil
duction that leads to drying out
leads to wrinkling. Take heart (or
er yet, take care). Dr. Albert M.
man, Professor of Dermatology at
University of Pennsylvania, is
olved with Cutaneous Gerintology
study of aging skin). It takes a
itive approach—finding out
ctly when changes happen (such
oss" of elasticity) and what meth-
make matters better. Everyday
gs you can do: ■ Skip a day of
hing. Immersing in water is
erely *drying* ■ Showers are better
n baths. ■ Always wash with
warm water (hotter is more dry-
. ■ Never rub dry—just pat. ■
ow up with an oil-based mois-
er.



Skin Supreme: Model Kathy Speirs comes close to having ideal skin. Dewy-fresh and fair. Raised in Portland, Oregon, at age 24, she's never taken *any* sun. Neither has her mother (smooth-skinned in her late 40's), neither did her English grandmother.

PUBLIC ENEMIES

Your skin's first and foremost foe, according to Dr. Alexander Fischer, Professor of Dermatology at New York University, is the sun. Its rays may cause overwhelming damage—premature aging and skin cancer. But, still you might say, "I look better... sexier... healthier with a suntan." For dedicated sun buffs, the only safe way is to tan without burning. Filter out the harmful burning rays with a good sunscreen and you'll be golden. Find one that has PABA on the label and cover all over. That, and taking it slowly (and we mean *slowly*), can turn the sun into a friend. After a short stint on the beach or courts (no more than 15 minutes the first days), combat what are called "pseudo wrinkles" by dermatologist Dr. Jonathan Zizmor. They're temporary dry lines that disappear after a dousing with moisturizer. Another public enemy to contend with—smoking. Constant exposure to burning tobacco can cause wrinkling (especially crow's feet) and discoloring. Third outside foe: alcohol. Excessive drinking means excessive drying.

II

Perfect skin is an impossible dream. Everyone has some slight imperfections.

What, if anything, can be done about such minor flaws as callouses, moles, warts, etc. ■ Callouses. They're outer layers of thickened skin from pressure friction. Sometimes painful, often protective. Seen more on women's feet because of angled walking in high heels. Badly made shoes are a common cause, too. Home remedy: soak feet in warm water; pumice surface or use commercial softening agent. If callous cracks, see a physician. ■ Broken capillaries (or "spider bursts"). According to Dr. Lowyd Ballantyne, chief of the Plastic Surgery Clinic at Roosevelt Hospital in NYC, there are two ways to treat. With one of the good cosmetic coverups such as Covermark by Lydia O'Leary or cauterize professionally by electric needle. Experimental stage: laser beams. ■ Stretch marks. Show up mostly on fair-skins (especially redheads). Treatment is dermabrasion; on the increase, plastic surgery. ■ Moles. Raised brown spots are easily removed by a doctor. Keep watch for any growing or bleeding. ■ Warts. A virus; once you have one you can give more to yourself. Treatment: liquid nitrogen or electric needle. But about 50% will disappear spontaneously in 6 months, states Dr. Jerome Levy of Westwood Pharmaceuticals.

OOTS: THE SKIN STORY

**:e skin doesn't fossilize (as do bones), it's almost impos-
e to pinpoint when our ancestors started developing
in" as we know it. Dr. J. Lawrence Angel, Curator of Physi-
Anthropology at the Smithsonian Institution, links
urred skin with the development of sweat glands. As
ed skin became capable of resisting heat, a primate could
out in the sun—working, evolving. Around 1 million B.C.,
skin vs. hair balance settled down (we still have a
o of one hair follicle for every pore, though most hairs
invisible). From that time on, genetics have greatly
ermined skin type: whether you're fair and dry,
ker and oilier.**

IV



For Your Little Valentine

Surprise your special angel with these enchanting ways to turn everyday babywear into fancy finery. Take plain Jane sweaters, undershirts, sleepers or smocks and conjure up visions with icings of lace, touches of trimmings and ribbons, delicate appliqués. Details found on page 182.

This page: For grandmama's sugar-plum—sweater, cap and carriage cover to show off on holiday visits.

Opposite page:
Top left: As cute as a polka dot. Baby tent garlanded with buds.

Top right: T-shirt for a tender age. Merry mix of rickrack and braiding.

Lower left: Cherubic tank top, a once-plain undershirt prettied with nostalgic hearts and flowers.

Lower right: A flutter of ruffles, a scatter of appliqués for this tiny gentleman's good night.

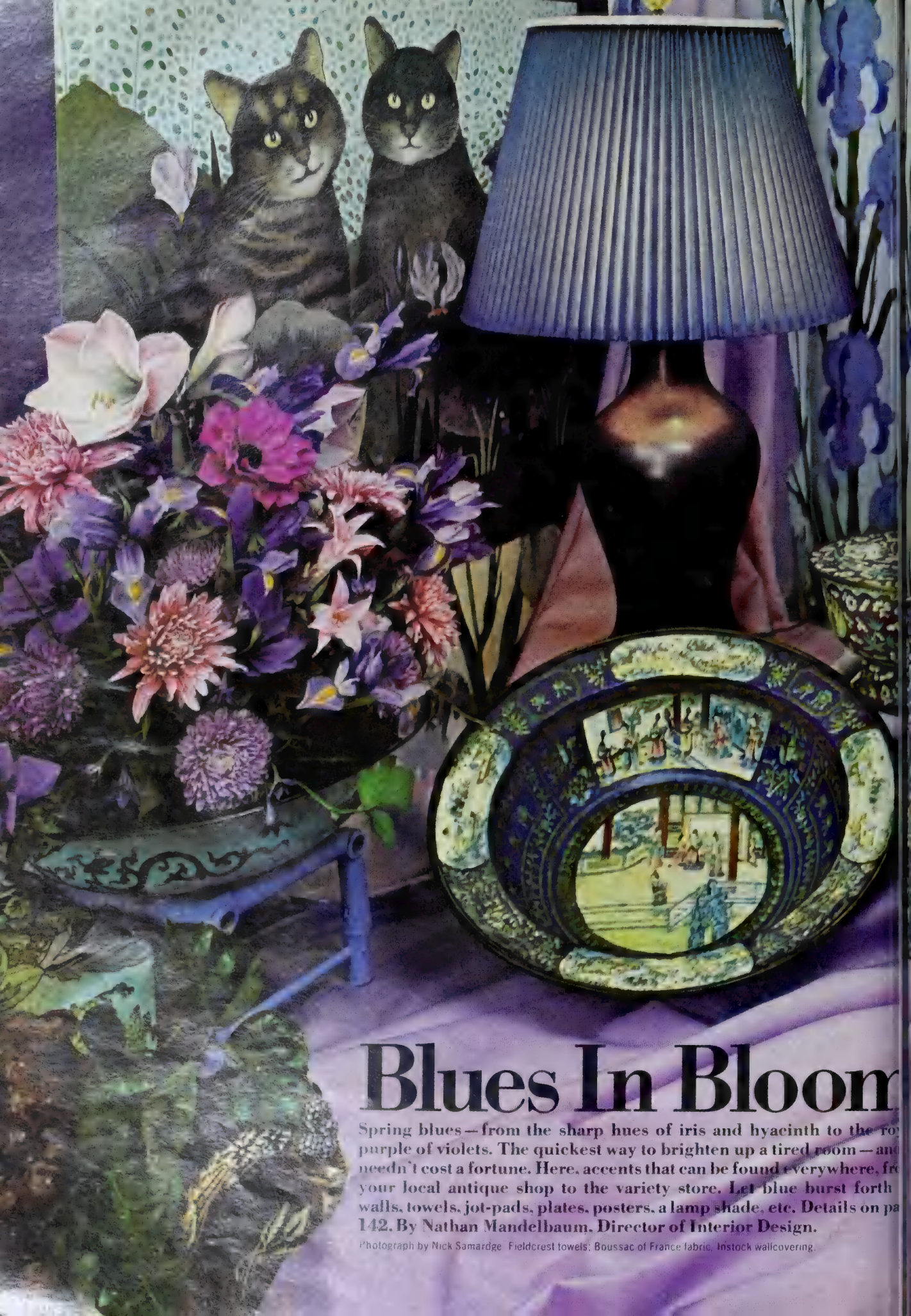
Photographs by Nick Samardge. Wrights trimmings.











Blues In Bloom

Spring blues—from the sharp hues of iris and hyacinth to the ro purple of violets. The quickest way to brighten up a tired room—an needn't cost a fortune. Here, accents that can be found everywhere, fr your local antique shop to the variety store. Let blue burst forth walls, towels, jot-pads, plates, posters, a lamp shade, etc. Details on pa 142. By Nathan Mandelbaum, Director of Interior Design.

Photograph by Nick Samaridge. Fieldcrest towels; Boussac of France fabric; Instock wallcovering.





The Shape of Your Wardrobe Now

How many of these looks do you own? With all eight—the best of the basics—you'll have a closetful of clothes to wear anytime, anywhere. Fill in any missing gaps with one or more of these soft, new classics. Don't you need a terrific dinner dress; an at-home outfit? Start sewing and you'll be in great shape. By Trudy Owett, Fashion and Home Sewing Editor.

The Big Coat

Everyone needs one great coat. This one, a loosely fitted fleecy wrap, is roomy enough to fit over bulky sweaters, jackets. Butterick #5658.

Photographs by Joshua Greene. Hairstyles by Bob Molinari, makeup by Margaret Avery, both of Cinandre. Shoes and Boots by Delman. Hosiery by Hanes. Fabric, additional accessory and pattern information on page 15

Wonderful Print

For a change-of-pace, wear a charming challis in the daytime and look pretty all evening as well. Here, new ruffly blouson top and dirndl skirt. Vogue #1805.



Blazer and Skirt

...not complete without a natty tailored shirt. Here, a new shape for a jacket: shorter, softer. And the skirt's longer, fuller. All, McCall's. Blazer, skirt #7866; shirt #4617.

Basic Dress

Go everywhere and feel comfortable in a new, soft, cowl-necked smock. Belt it, if you prefer. Simplicity #8386. Important accessory: a cozy shawl; 54" square, cut and fringed.

The Shape of Your Wardrobe Now

Sewing tip: You'll be able to mix-and-multiply more if you base your classics on a related family of colors.



Easy Sweater, Pants

How to look casual—with dash. Here, the new shape of a cowl-necked overblouse in a sweatery knit. Worn over straight-legged pants. Both, McCall's; sweater # 5911; pants # 5731.



Evening Shirt, Pants

Easy at-home (yours or friend's) way of dressing. This, a big flowing cossack shirt that slides over pull-on pants. Both, Vogue. Blouse # 9954; pants # 9527.



On-the-Town Gown

What better way to trip the light fantastic? For all those times when nothing less than *very pretty* will do, a classically simple jersey smock. McCall's # 5603. We sashed it for new blouson look.

Dress Shirt, Skirt

Finally, the perfect solution to how to look special, yet not fussy. For theater or dinner dates, a Pierrot-collar blouse with new longer velvet skirt. Both, Vogue. Blouse # 9860; skirt # 9887.

abric, additional accessory and pattern information on page 158





BREADS: ALL IN THE FAMILY

Bread baking makes a terrific family project. There's fun for all—from kneading and shaping the dough to slicing the fragrant loaves (nothing tastes better than just-baked bread). The eight hearty breads here are bursting with whole grains and other good things. There's oatmeal-raisin, braided herb, whole wheat and lots more. Recipes, page 134. By Sue B. Huffman, Food and Equipment Editor.

Photograph by Nick Samaridge



THE NOBLE CABBAGE

Cabbage is one of our all-time favorites. It's a noble clan made up of green, red, Savoy and Chinese, each with distinctive character. And what versatility! Grate it, chop it, roll it, stuff it—there's no end to the creative ways you can use these crispy heads. Add to this the fact that it's with us year-round at a price we can afford. Is it any wonder that we consider cabbage the First Family of vegetables?
Recipes on page 160.



Clockwise, from top left: Snappy Slaw, simple salad with carrots, red onion rings. Molded Stuffed Cabbage, crown filled with ground beef, rice; spicy tomato sauce. Polish Red Baron, apple and kielbasa sausage chunks, devilish red cabbage. Down Home Cabbage, wedges dribbled with bacon sauce.
Recipes for these and others, page 160.

Photographs by Jerry Friedman

ROMANTIC DINNERS

Special effects
for special twosomes





Dazzle your Valentine with a meal at home that matches any glamorous restaurant!

Romance is in the air. It just takes two to share the music, the mood and, of course, the seductive food. Shown here, one of four menus to tantalize your appetites on Valentine's Day (or an anniversary perhaps?). Our love-matches include duckling flambé and rich chocolate soufflé (at left); French onion soup and tender rack of lamb; or a sensuous quiche and salmon with green sauce. Toujours amour!

How America Entertains

The wonderful part about dining à deux—it's the essence of romance. On the distaff side, planning perfectly for two can be almost as intricate as entertaining eight. To counteract this, we've carefully chosen four exquisite meals with enough do-aheads to leave you free to enjoy your favorite dinner partner. Planning tips, recipes, page 120.

DINNER MENU

(Serves two)

ARTICHOKES WITH MOCK HOLLANDAISE SAUCE

ROAST DUCKLING WITH BRANDIED CHERRIES FLAMBÉ

WILD RICE ASPARAGUS SPEARS

HOT CHOCOLATE SOUFFLÉ

CHAMPAGNE

COFFEE CORDIALS

Photograph by George M. Cochran

ROMANTIC DINNERS

continued

MENU #1

pictured on page 118

ARTICHOKES WITH MOCK HOLLANDAISE
ROAST DUCKLING WITH BRANDIED CHERRIES FLAMBÉ
WILD RICE ASPARAGUS SPEARS
HOT CHOCOLATE SOUFFLÉ
CHAMPAGNE
COFFEE OR TEA CORDIALS

FOOD CHECKLIST

- 2 artichokes
- ¾ pound fresh asparagus
- 1 jar (10 oz.) red currant jelly
- 1 can (17 oz.) dark sweet pitted cherries
- 1 bottle cherry brandy (available in ½ pint)
- 1 duckling (3½ to 4 lbs.) frozen ready-to-cook
- 1 bottle champagne
- Coffee liqueur (available in miniatures)
- Cordials
- Pimiento, optional
- 1 package (3 oz.) cream cheese
- 2 lemons
- Half and half cream
- Parsley
- 2 apples
- 1 orange
- 1 package (8 oz.) wild rice

Staples to have on hand

- Sugar
- Confectioners' sugar
- Cornstarch
- Salt
- Pepper
- Milk
- Salad oil
- 1½ squares unsweetened chocolate
- Milk
- 4 eggs
- Coffee or tea
- Butter or margarine
- Chicken broth (½ cup)
- 1 garlic clove

SCHEDULE

Two Days Before:

1. Purchase all ingredients.
2. Thaw duckling in refrigerator.

One Day Before:

1. Prepare and cook artichokes; drain, cool and refrigerate.
2. Stuff duckling with apples; prepare for roasting. Cover and refrigerate up to 24 hours.
3. Cook wild rice. Cool, cover and refrigerate.
4. Trim asparagus. Cover and refrigerate.
5. Chill champagne.

Three Hours Before Dinner:

1. Begin roasting duckling.
2. Prepare chocolate soufflé but do not beat egg whites. Let both stand at room temperature. Prepare dish for soufflé.
3. Prepare Mock Hollandaise; keep warm over double boiler.
4. Set table.

20 Minutes Before Dinner:

1. Remove duckling from oven; prepare sauce.
2. Reheat wild rice in steamer or double boiler.

At Serving Time:

1. Serve artichokes.
2. Preheat oven to 350°F. Just before serving entrée, beat egg whites and fold into chocolate soufflé mixture. Bake soufflé.
3. Serve duckling, asparagus, wild rice and champagne.
4. Serve chocolate soufflé.
5. Brew coffee or tea; serve with cordials for dessert.

ARTICHOKES WITH MOCK HOLLANDAISE

No need to have qualms about this Hollandaise—it's made from cream cheese and guaranteed curdle-proof.

2 medium artichokes
2 tablespoons lemon juice
1 tablespoon salad oil
½ teaspoon salt
1 garlic clove, crushed
Mock Hollandaise Sauce
1 package (3 oz.) cream cheese, softened
2 egg yolks
1 tablespoon lemon juice
3 tablespoons half and half cream
Generous ¼ teaspoon salt
2 teaspoons chopped parsley

To cook artichokes: Slice stem from bottom of artichokes. Snip off tips of leaves about ½ inch from top. In saucepan combine 3 to 4 inches water with lemon juice, salad oil, salt and garlic; heat to boiling. Add artichokes, cover and cook 20 to 25 minutes or until artichokes are tender. (To test, insert fork into base of artichoke.) Invert artichokes to drain. Let stand until cool. Remove "choke" from each. Cover and refrigerate. *(Can be prepared in advance to this point. Cover and refrigerate up to 24 hours.) For sauce:* In top double boiler blend cream cheese and egg yolks. Place over simmering water, cook, stirring constantly, until thickened. Remove from heat. Stir in remaining ingredients. *(Can be prepared in advance to this point. Cover and keep warm in double boiler up to 1 hour before serving.)* Makes ⅔ cup sauce. About 40 calories per tablespoon.

To serve, fill center of each artichoke with sauce. Makes 2 servings. About 85 calories each without sauce.

ROAST DUCKLING WITH BRANDIED CHERRIES FLAMBÉ

An excellent meal becomes distinctive when the entrée is flambéed. And it's all the more impressive when it's just the two of you.

1 (3½ to 4 lb.) frozen ready-to-cook duckling, thawed
2 apples, peeled and cut in half
1 can (17 oz.) dark sweet pitted cherries, drained
½ cup cherry brandy
2 teaspoons cornstarch
½ cup chicken broth
¼ teaspoon grated orange peel
¼ cup red currant jelly

Remove giblets and neck from duckling. Rinse duckling under cold water; drain and pat dry. Stuff body cavity with apples. Fasten neck skin to back with skewer. Skewer body cavity closed. Loop string around the legs to tie. *(Can be prepared in advance to this point. Cover and refrigerate up to 24 hours.)*

Preheat oven to 325°F. Place breast side up on rack in shallow roasting pan. Roast for 2 to 2½ hours or until stick meat is soft when pressed b fingers. Remove duckling to servi ter; keep warm. Cut strings and r apples; discard. In small bowl drained cherries in ¼ cup cherry to marinate; set aside.

Pour drippings into a large mea cup. Discard grease leaving brow In small saucepan, mix brown bi cornstarch until smooth. Add c broth and grated orange peel. Coo thickened, about 5 minutes. Add nated cherries and liquid and c jelly. Simmer for 2 minutes, stirrin jelly is melted. Pour into sauceboat warm. In small saucepan, heat r ing cherry brandy until warm *b boiling.* Ignite with long match or Pour into hot cherry sauce (do n in). Ladle sauce over duckling. 1½ cups sauce. About 30 calori tablespoon.

To cut duckling into quarters works best with a pair of poultry or heavy scissors. Start at neck and cut through skin, flesh and b vent (bottom). Turn duckling. Cut either side of back bone. Cut acros half just above thigh. Serve with sauce. Makes 2 servings. Abou calories each without sauce.

HOT CHOCOLATE SOUFFLÉ

There is nothing more impressive t chocolate soufflé, and once you've one, you'll wonder why you've soufflé-shy all these years.

1 teaspoon softened butter or marga
6½ tablespoons sugar
1½ teaspoons cornstarch
Dash salt
⅓ cup milk
1½ squares (1½ oz.) unsweetened chocolate
1½ tablespoons coffee liqueur
2 eggs
Confectioners' sugar

Lightly butter a 2-cup soufflé dish. a 16-inch length of waxed paper thirds lengthwise. Lightly butter side of paper. Form 2-inch collar ar dish, buttered side in; tie with s Sprinkle dish and paper with 1 t spoon sugar. Tap out excess suga aside.

In small saucepan mix 4 tablesp sugar with the cornstarch and gradually blend in milk. Cook medium-low heat, stirring consta until thickened and mixture boils, a 2 minutes. Add chocolate and c liqueur and stir until chocolate m Set aside.

Separate eggs, putting whites medium bowl and yolks into small b Set egg whites aside at room tem ture. With wire whisk, beat yolks. A small amount of chocolate mixture. add egg yolk mixture to rest of choc mixture in saucepan, beating const to prevent lumping. Cool. *(Can be*

(continued on page

One-pot suppers. The Campbell way save two kinds of energy and all kinds of time.



What could be easier than cooking and serving supper in one pot? These top-of-stove meals save energy (yours and your stove's) and time. And, best of all, Campbell's Soup gives you a way to make supper look good and taste even better.

ORIENTAL CHICKEN

1 pound boneless chicken breasts, cut in 2" strips
2 cans Campbell's Chicken Broth
½ cup raw regular rice
½ cup sherry
2 tbsp. soy sauce
1 large clove garlic, minced
¼ tsp. ground ginger
1 pkg. (10 oz.) frozen broccoli spears, partially thawed and cut in half
2 cups diagonally sliced carrots
1 cup diagonally sliced green onions
1 can (about 8 oz.) bamboo shoots, drained

In large saucepan, lightly brown chicken in 2 tbsp. salad oil. Add broth, rice, sherry, soy, garlic, and ginger. Bring to boil; reduce heat. Cover; simmer 15 min. Add remaining ingredients. Simmer 5 min. more or until done; stir occasionally. Stir ½ cup water into 3 to 4 tbsp. cornstarch until smooth; stir into chicken. Cook, stirring until thickened. Makes about 8½ cups.



COUNTRY MEATBALL RAGOUT

1½ lb. ground beef
⅓ cup fine dry bread crumbs
1 egg, slightly beaten
½ cup finely chopped onion
½ tsp. salt
1 can Campbell's Golden Mushroom Soup
1 can Campbell's Beef Broth
1 can (about 8 oz.) tomatoes, cut up
½ tsp. basil leaves, crushed
⅛ tsp. thyme leaves, crushed
1 small bay leaf
1 pkg. (about 20 oz.) frozen stew vegetables

Mix thoroughly beef, bread crumbs, egg, onion, salt, and dash pepper; shape firmly into 24 meatballs. In large saucepan, brown meatballs in 2 tbsp. shortening; pour off fat. Add remaining ingredients. Bring to boil; reduce heat. Cover; simmer 20 min. or until done. Stir occasionally. Gradually blend ½ cup water into ¼ cup flour until smooth; slowly stir into stew. Cook, stirring until thickened. Remove bay leaf. Makes about 8½ cups.



You have a way with Campbell's.

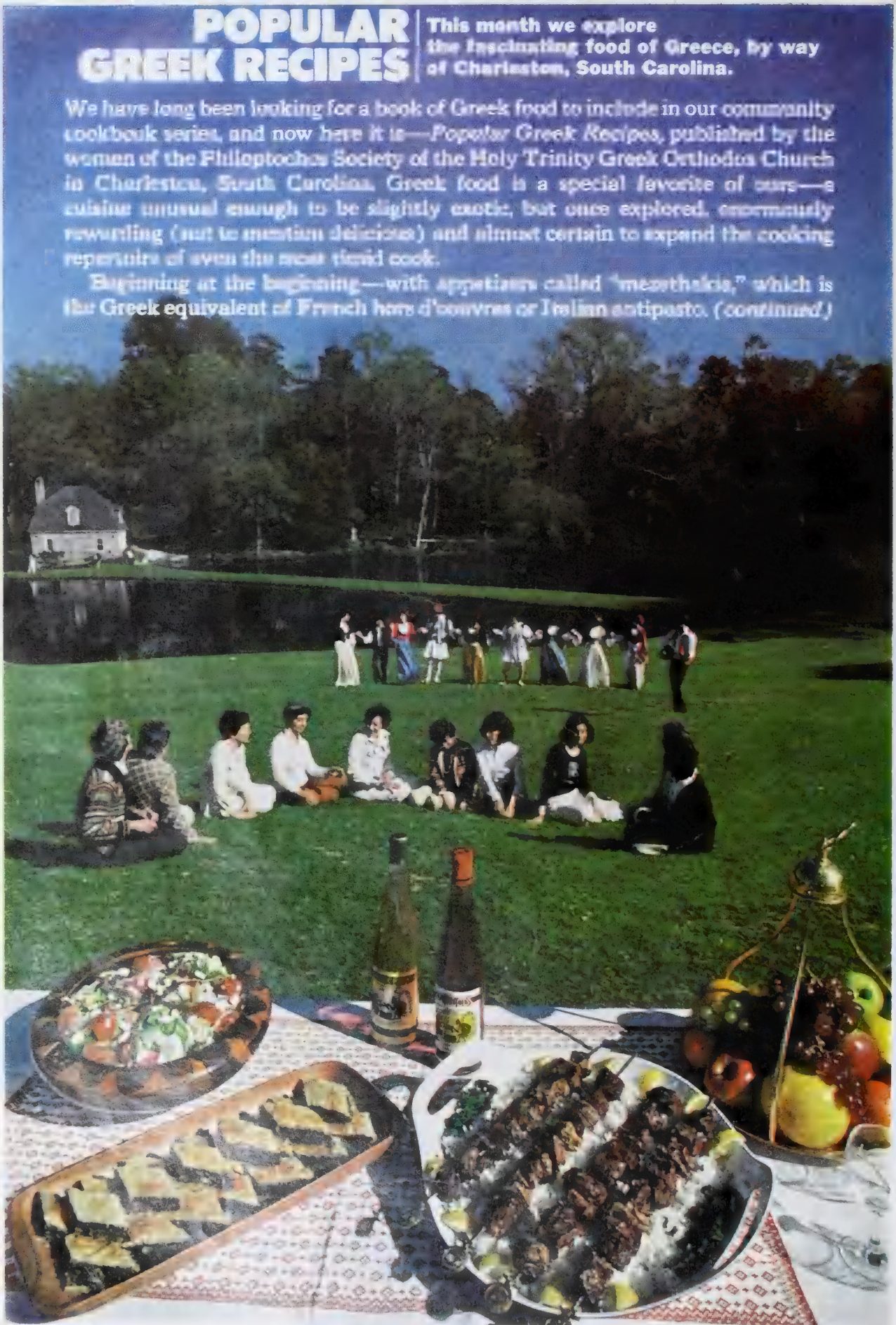


POPULAR GREEK RECIPES

This month we explore the fascinating food of Greece, by way of Charleston, South Carolina.

We have long been looking for a book of Greek food to include in our community cookbook series, and now here it is—*Popular Greek Recipes*, published by the women of the Philoptochos Society of the Holy Trinity Greek Orthodox Church in Charleston, South Carolina. Greek food is a special favorite of ours—a cuisine unusual enough to be slightly exotic, but once explored, enormously rewarding (and to mention delicious) and almost certain to expand the cooking repertoire of even the most timid cook.

Beginning at the beginning—with appetizers called "mezethakia," which is the Greek equivalent of French hors d'oeuvres or Italian antipasto. *(continued)*



Charleston's Middleton Gardens for dancing on the lawn and a buffet of Greek salad, spinach appetizers, shish kebab.

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With Charleston's shrimp boats in the background, a platter of Greek appetizers, marinated shrimp and potato-anchovy salad. Members of the Philoptochos Society, from left: Pati Croffead, Nitsa Demos, Virginia Demetre.

From appetizers to pastries, Greek food is a special treat.

To some tastes the Greek array is the most appealing of all because it piques rather than sates the appetite—and how beautiful to look at as the Charleston women arranged them: chunks of tangy feta cheese, those incredible Greek olives, tender stuffed grape leaves, all with salami, radishes and spicy peppers. Surrounding this magnificent platter were other specialties—potato and anchovy salad and a giant clam shell filled with marinated shrimp, the latter not only a Greek specialty but a Charleston one as well, and we photographed, appropriately, among the ships of the local shrimp boat fleet.

Going from first course to last, it's probably pastries that are the most eagerly sought Greek specialties, and the pastry chefs of the Philoptochos Society outdid themselves in our behalf. Basis for many of these treats is filo leaves, the thin-to-transparent sheets of dough that are carefully layered to enclose various fillings and then slathered in rich syrup (as in baklava). Sinfully rich, but somehow incredibly light and airy. Glorious. *Popular Greek Recipes* has several recipes (among the book's total of over 450) for making your own filo, but we prefer to buy the leaves ready-made and go from there.

Heart of any proper Greek meal must include lamb, and shish kebab was our choice at an outdoor buffet. Lamb may not be America's most popular meat, but prepared the way the Greeks do it could change the whole picture: marinated in a mixture of oil, vinegar and herbs, then quickly broiled with cherry tomatoes, green pepper and zucchini. A chicken barbecue casserole, spinach pastries and Greek salad were part of this particular feast, accompanied with that unique retsina wine of Greece. Throughout our trip the food was arranged with unusual attention to eye appeal, but it was the outdoor setting in this case that really stole the show—Middleton Gardens, just outside Charleston, and one of the nation's most beautiful spots. The gardens—both formal and informal—were first laid out in the 18th century and are still maintained meticulously. We chose to photograph our feast on the gently terraced area leading down to the well-known butterfly lakes. It was an inspiration of the women in charge to simulate for us an aspect of an annual Greek festival held at the Gardens—teen-agers from the church dressed in appropriate costumes and dancing to the music of a bouzouki.

All in all, the best of Charleston scenery, and the best of Greek food.

It was also a time for us to learn more about the Philoptochos Society and their book. Despina Trivelas, wife of the pastor at Holy Trinity, first conceived the book back in the early fifties, at a time when books on Greek cooking were virtually nonexistent. Recipes were collected and carefully tested by group members and families; also included were special menus for Lenten times, during which special foods are prescribed—a relevant section not only to Greek Orthodox but also to *(continued)*







Foods from Popular Greek Recipes, *from top: Close-up of marinated shrimp; assorted Greek pastries for tea including syrup-rich baklava, anise bars, an apricot preserve-filled cake; Chicken Stefatho, which is a pungent casserole of chicken pieces, onions, tomatoes and spices.*
Photographs by Ken Regan, Camera 5.

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GREEK RECIPES

continued

non-Greeks who are either vegetarians or on low-cholesterol diets. Proceeds from the book (now in its seventh edition) go to different benefits, many of which support orphans and needy children, both here and in Greece.

To sample recipes from *Popular Greek Recipes*, read on, along with a coupon to order your copy of the complete book. —JOHN STEVENS.

GREEK SALAD (Salata)
pictured on page 122

Dressing
- ⅔ cup olive oil
- ⅓ cup wine vinegar
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 garlic clove, crushed (optional)
- 1 teaspoon oregano

Salad
- 1 small head lettuce
- 2 sprigs celery, including tops
- 2 green onions, chopped
- 1 small cucumber, sliced
- 1 small green pepper, cut in strips
- 1 tomato, sliced
- 4 oz. Feta cheese cut in 6 cubes, or crumbled
- Greek (Calamata) ripe olives
- Anchovy fillets

Dressing: Place all ingredients for dressing in jar with tight fitting lid. Cover and shake well before using. Makes 1 cup dressing.

Salad: Tear lettuce into small pieces. Place in salad bowl with celery, onions, cucumber, green pepper and tomato. Pour only enough dressing over vegetables to lightly coat each piece. Garnish with cubes of Feta cheese, anchovy fillets and olives. Makes 5 or 6 servings. About 25 calories per salad without dressing. About 120 calories per tablespoon of dressing.

LAMB SHISH-KEBAB (Souvlakia)
pictured on page 122

Marinade
- ¼ cup salad oil
- ¼ cup wine vinegar
- ¼ cup lemon juice
- 1 garlic clove, minced
- 4 teaspoons salt
- ½ teaspoon oregano
- ¼ teaspoon pepper

- 4 pounds boneless lamb (leg or shoulder) or pork, or beef sirloin, cut in 1½-inch cubes
- Cherry tomatoes
- Green pepper, cut into chunks
- Zucchini, cut into chunks

In 13x9-inch dish, combine all ingredients for marinade. Add meat and toss until well coated. Cover and marinate in refrigerator 3 to 6 hours, turning meat occasionally.

Thread meat and vegetables separately onto oiled skewers. Grill meat skewers over charcoal, turning occasionally to brown evenly; baste frequently with marinade. (Or, place skewers on rack of broiler pan, broil about 6 inches from heat as directed.) Grill until meat is brown and crispy, about 45 minutes. Place vegetable skewers on grill during last 10 to 15 minutes of cooking; brush with marinade. Makes 8 servings. About 570 calories per serving.

SPINACH APPETIZER (Spanakopeta)
pictured on page 122

Filling
- 4 packages (10 oz. each) frozen chopped spinach, thawed
- 1 package (8 oz.) cream cheese
- 1 pound Feta cheese
- ½ cup grated Romano cheese (optional)
- 4 eggs
- 1 small onion, finely chopped
- 3 tablespoons olive oil
- 1 teaspoon chopped dill (optional)
- 1 teaspoon salt
- ¼ teaspoon pepper

- 15 sheets filo dough
- ½ pound butter, melted (1 cup)

Allow spinach to stand at room temperature to defrost completely (do not soak in water). Squeeze spinach dry on paper towels. In large bowl combine spinach with remaining ingredients except filo and butter; stir until well mixed.

Arrange 9 filo, each of which has been brushed with butter, in a greased 15½x10½-inch pan. Spread evenly with spinach filling. Cover with 6 filo, brushing each with melted butter. Seal edges to retain filling by tucking under. Brush top with melted butter. Chill until firm, about 1 hour. Cut through top layers to mark pieces. Preheat oven to 350°F. Bake for 45 minutes until golden. Makes 12 hearty servings. About 430 calories each.

STUFFED GRAPEVINE LEAVES (Lenten Dolmades)
pictured on page 124

- 1 jar (12 oz.) grapevine leaves
- 1 cup long-grain rice, uncooked
- 1 pound onions, grated, or 1 bunch green onions with tops, finely chopped
- Juice of 2 lemons
- ½ cup salad oil
- ½ cup olive oil
- ½ cup chopped parsley
- 2 tablespoons fresh dill, chopped or 1 tablespoon dry dill weed
- 1 tablespoon salt
- ¼ teaspoon pepper
- Water

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Popular Greek Recipes contains nearly 450 recipes on 225 pages. The spiral-bound book includes recipes for Greek specialties from appetizer to dessert, with a special section of Greek Lenten dishes. To order your copy send $4.90 (which includes postage and handling) to:

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Rinse grape leaves to remove br carefully separate leaves. If necess place in saucepan, cover with water simmer 10 minutes to tenderize lea Cool. Let stand in water while prepa filling.

In mixing bowl, combine rice with maining ingredients except water; well. Cut off thick stems from lea Place 1 heaping teaspoon filling on underside of each leaf, draining off s of the excess liquid. Fold lower edg leaf over filling to cover. Fold in s and roll up. Arrange stuffed leave layers in deep saucepan. Add drai liquid from rice mixture and eno water to almost cover rolls. Cover sa pan and cook slowly over low heat u rice is tender, about 45 minutes. Ma 30 rolls. About 125 calories each.

ANCHOVY-POTATO SALAD
pictured on page 124

- 4 potatoes, peeled and cubed
- 1 can (2 oz.) anchovies, drained and chopped
- 2 green onions, chopped
- 12 Greek (Calamata) ripe olives
- ⅓ cup olive or salad oil
- 3 tablespoons wine vinegar
- Salt and pepper to taste
- Dash of oregano
- Lettuce, tomato and ripe olives

Cook potatoes until tender. Place in dium bowl with anchovies, onions olives. In a small bowl mix olive oil, v gar, salt, pepper and oregano. Pour potatoes and toss until well coated. Se warm, garnished with lettuce, sliced matoes and olives. Makes 4 servi About 370 calories per serving.

MARINATED SHRIMP
pictured on page 124

- 1 pound shrimp, shelled and deveine
- 1 quart water
- 6 tablespoons olive or salad oil
- 6 tablespoons lemon juice
- ⅓ cup vinegar
- 1 garlic clove, crushed
- 1 teaspoon salt
- 1 bay leaf, crumbled
- 2 tablespoons chopped parsley
- ¼ teaspoon pepper

In medium saucepan, heat shrimp water to boiling. Cook for 4 minutes until shrimp are tender. Drain well.

Meanwhile, in a small saucepan, c bine oil, lemon juice, vinegar, garlic, and bay leaf; heat to a boil. Pour o shrimp, add parsley and pepper; t lightly. Pour into a bowl. Cover marinate for at least 4 hours. Make servings. About 260 calories per servi

ROLLED BAKLAVA (Strifto)
pictured on page 124

- 1 pound filo dough sheets

Filling
- 1½ cups melted butter
- 4 cups finely chopped nuts
- ¼ cup sugar
- 2 teaspoons cinnamon
- ⅛ teaspoon ground cloves
- 2 teaspoons vanilla extract

(continu



auliflower with Cheese Sauce



▲ French Green Beans with Toasted Almonds



reamed Spinach

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▲ Green Peas and Potatoes with Cream Sauce

▼ Broccoli with Hollandaise Sauce





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GREEK RECIPES

continued

Syrup
- 3 cups sugar
- 1½ cups water
- 1 tablespoon lemon juice
- 1 cup honey

Unfold package of filo and place on waxed paper. Cover with more waxed paper and damp dish towel to prevent filo from drying and cracking.

Remove 3 sheets of filo at a time and place on flat surface. Brush each generously with melted butter, stack one filo on top of the other. Combine nuts, sugar, spices and vanilla. Sprinkle about 6 tablespoons nut mixture evenly over two-thirds of the top buttered filo. Starting with the filled edge, roll loosely in jelly-roll fashion to make a long roll. Place in greased 15½x10½-inch baking pan. Continue making more rolls, using 3 well-buttered filo for each. Roll as directed above, using all the filo and nut mixture.

Preheat oven to 325°F. Cut 1½-inch diagonal slits in each roll leaving the rolls intact. Brush tops with remaining melted butter. Bake for 25 to 30 minutes until golden. Cool.

Meanwhile, in medium saucepan combine sugar, water and lemon juice. Boil 10 minutes. Slowly add honey and simmer 5 minutes. Pour warm syrup over baked rolls in pan. Let stand 1 hour. Cut baklava into lengthwise strips. Then cut diagonally to make diamond shapes. Makes 60. About 155 calories each.

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ANISE FINGER BARS (Paximadia)

pictured on page 124

- ½ cup butter
- ½ cup salad oil
- 1½ cups sugar
- 3 eggs
- 1 tablespoon double-acting baking powder
- 2 teaspoons anise seeds
- 6 tablespoons water
- 5½ cups sifted all-purpose flour

In large mixer bowl with electric mixer at medium speed, beat butter, oil and sugar until well blended. Add eggs, one at a time, and continue beating until light and fluffy. Stir in baking powder, anise seeds and water. Remove bowl from mixer. With wooden spoon, gradually add some flour; then knead in remaining flour until a soft dough is formed.

Preheat oven to 375°F. Grease 2 large cookie sheets; set aside. Divide dough into 5 equal parts. Shape each into long, narrow, flat loaf, about 2½ inches wide and 1 inch thick. Place on cookie sheets 2 inches apart to allow for spreading during baking; cut diagonally, all the way through, into ½-inch slices, leaving loaf intact. Bake for about 20 minutes or until lightly browned. Remove from oven and slice again through marks while warm. Then place slices on cookie sheets, cut side down. Return to oven at 375°F. and toast until lightly brown, about 3 to 5 minutes. Turn and toast other side. Allow to cool completely on wire rack before storing in covered container. Makes 5 dozen. About 95 calories each.

CUSTARD PASTRY (Galactoboureko)

Pastry
- 1 quart milk
- ½ cup cream of wheat
- 1 cup sugar
- 2 tablespoons butter
- ¼ teaspoon salt
- 6 eggs, well beaten
- 2 teaspoons vanilla extract
- 15 sheets filo dough
- ¾ cup butter, melted, to brush filo

Syrup
- 3 cups sugar
- 1½ cups water
- 2 tablespoons lemon juice

In heavy saucepan, heat milk until hot but not boiling. Add cream of wheat, sugar and 2 tablespoons butter. Cook over medium heat until slightly thickened, about 5 minutes, stirring constantly with a wooden spoon. Slowly blend some of the hot milk mixture into beaten eggs until eggs are slightly heated. Then add egg mixture all at once into custard mixture, stirring constantly to prevent lumping. Cook over medium heat for 3 to 5 minutes until thickened. Remove from heat and stir in vanilla. Cool custard.

Preheat oven to 350°F. In buttered 13x9-inch baking pan, stack 8 filo. Brush each sheet of filo with melted butter. Pour in custard mixture. Top with re-

(continued on page 134)

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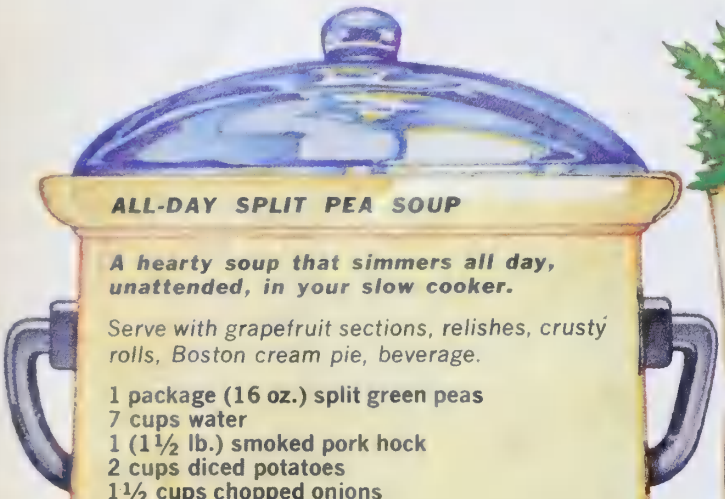
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Serve with grapefruit sections, relishes, crusty rolls, Boston cream pie, beverage.

1 package (16 oz.) split green peas
7 cups water
1 (1½ lb.) smoked pork hock
2 cups diced potatoes
1½ cups chopped onions
1 cup cubed celery
1 cup sliced carrot
1 garlic clove, crushed
1 tablespoon salt
¼ teaspoon pepper
¼ teaspoon bottled red pepper sauce

Rinse split peas under cold running water; drain. In large bowl, combine all ingredients. (May be prepared in advance to this point. Cover and refrigerate overnight.) Place in slow cooker. Cook on proper setting according to manufacturers' directions for 6 to 8 hours. Just before serving, remove hock. Cut meat from bone into bite-size pieces. Return to soup. Makes 10½ cups. About 300 calories per cup.

EASY FIESTA TAMALES: right off the grocer's shelf into your oven.

Jazz up canned chili with cumin and garlic powder and spread over canned tamales. Heat and top with shredded Cheddar cheese and chopped onion. Serve with warm, soft tortillas, green salad, orange sherbet, choice of beverage.

2 cans (14½ oz. each) tamales
2 cans (15 oz. each) chili with meat
1 teaspoon ground cumin
¼ teaspoon garlic powder
Toppings: grated Cheddar cheese, chopped onion

Preheat oven to 350°F. Remove corn husks or paper from tamales; discard. Place tamales in 8-inch square baking dish. In medium bowl mix chili with cumin and garlic; pour over tamales. Bake about 30 minutes or until hot. Spoon off grease. Top with cheese and onion. Makes 6 servings. About 485 calories each, without toppings. Be adventurous, try chopped tomatoes, pitted ripe olives, green chilis, green peppers atop the cheese and onions.

MICROWAVE MEATLOAF

Imagine! This family favorite on your table in only 30 minutes.

A classic meatloaf, which cooks in your microwave for 20 minutes, then stands for 10. Serve with baked potatoes (done in the microwave, of course), green peas, sliced cucumber salad, chocolate pudding, choice of beverage.

Meatloaf

1½ pounds lean ground beef
½ cup old-fashioned oats
⅓ cup catsup
1 medium onion, quartered
1 egg
½ cup milk
2 teaspoons salt
1 teaspoon Worcestershire sauce
⅛ teaspoon pepper
2 teaspoons prepared horseradish

Topping

¼ cup catsup
2 teaspoons brown sugar
½ teaspoon Worcestershire sauce

For Meatloaf: In large bowl, place ground beef and oats; set aside. Into blender container, place remaining meatloaf ingredients, cover and blend until smooth. Add to meat and stir until well mixed. Place in glass 8½x4½-inch loaf pan. Cover with waxed paper. Microwave for 5 minutes. Rotate dish half a turn and microwave 10 more minutes. Remove dish from oven; pour off drippings.

Meanwhile, combine topping ingredients; pour evenly over meatloaf. Return to oven. Cover and microwave for 5 more minutes. Let stand 10 minutes before serving. Remove from dish to platter. Makes 6 servings. About 385 calories each. (This recipe was developed in a 650-watt microwave on high setting.)

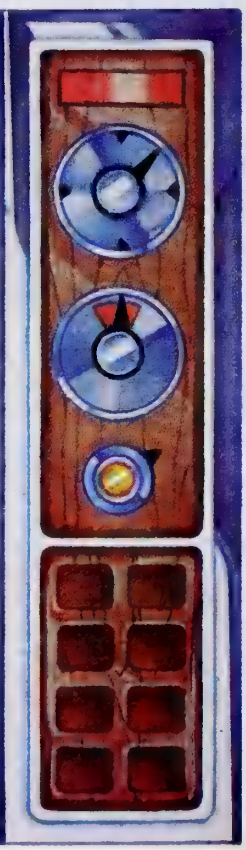


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DUNCAN HINES FAST FIXIN' CHOCOLATE CHIP CAKE

(Makes 16-20 Servings)



1 package Duncan Hines Deluxe II Devil's Food Cake Mix ■ ¼ cup oil ■ 2 eggs ● 1¼ cups water ■ 1 package chocolate instant pudding (4 serving size) ● 1 cup chocolate chips (6 oz. package) ●

Preheat oven to 350°. Pour oil into ■ 13x9x2-inch pan. Tilt pan until bottom is covered with oil. Put remaining ingredients into pan; stir with a fork or spoon until blended (about 2 minutes). Scrape sides and spread batter evenly in pan. Bake at 350° for 35-45 minutes; until toothpick inserted near center comes out clean. Cooled cake may be sprinkled with powdered sugar. Use a knife to loosen cake from sides; cut and serve directly from pan. Store leftover cake loosely covered.

ALTERNATE: Prepare pan as directed above using ¼ cup oil. Add cake mix, 2 eggs, ½ cup water and 1 can (20 to 23 oz.) cherry pie filling. Mix, bake and serve as directed above.



DUNCAN HINES LEMON SUPREME POUND CAKE

(Makes 12 to 16 servings)



1 package Duncan Hines Deluxe II Lemon Supreme Cake Mix ● 1 package lemon instant pudding mix (4 serving size) ■ ½ cup Crisco Oil* ■ 1 cup water ■ 4 eggs ●

Preheat oven to 350°. Blend all ingredients in a large bowl; beat at medium speed for 2 minutes. Bake in a greased and floured tube pan, 10-inch or fluted at 350° for 45-55 minutes, until center springs back when touched lightly. Cool right side up in pan for about 25 min., then invert onto serving plate.

GLAZE: Blend 1 cup confectioners sugar with either 2 tablespoons milk or 2 tablespoons lemon juice. Drizzle over cake.

AT ALTITUDES OVER 3500 FEET: Stir ⅓ cup flour into mix. Mix as directed using 1 package lemon instant pudding mix, ⅓ cup Crisco Oil,* 1¼ cups water, and 4 eggs. Bake at 375° for about 40-45 minutes.

*CRISCO OIL IS RECOMMENDED AS SOME OTHER OILS MAY CAUSE THE CAKE TO FALL.



DUNCAN HINES DOUBLE PINEAPPLE UPSIDE DOWN CAKE

(Makes 12 to 16 servings)



½ cup (1 stick) butter or margarine ■ 1 cup brown sugar ● 1 can (1 pound 4 oz.) pineapple slices, drained ● Maraschino cherry halves ■ 1 pkg. Duncan Hines Deluxe II Pineapple Supreme Cake Mix ● Whipped Cream ■

Preheat oven to 350°. Melt butter in a 13x9x2-inch pan. Sprinkle brown sugar evenly in pan. Arrange drained pineapple slices and maraschino cherry halves on the sugar mixture. Mix cake as directed on the label with 1⅓ cups water and 2 eggs. Do not substitute pineapple juice for water. Beat as directed. Pour batter over fruit. Bake at 350° for about 50 minutes, until tests done with ■ toothpick. Let stand 5 minutes for topping to begin to set. Then turn upside down onto a large platter or a cookie sheet. Serve warm with whipped cream.

AT ALTITUDES OVER 3500 FEET: Stir ¼ cup flour into mix. Mix as directed using 1½ cups water and 2 eggs. Bake at 375° until done.



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DUNCAN HINES CINNAMON STREUSEL CAKE

(Makes 12 to 16 servings)



1 pkg. Duncan Hines Deluxe II Yellow Cake Mix ▪ 1 pkg. vanilla instant pudding mix (4 serving size) • 2 tbsp. Crisco Oil • 1⅓ cups water • 2 eggs ▪ STREUSEL: ½ cup flour ▪ ½ cup brown sugar • 2 tsp. cinnamon ▪ 2 tbsp. butter or margarine, melted •

Preheat oven to 375°. In large bowl blend cake mix, pudding mix, oil, water and eggs. Beat 2 min. at medium speed. Spread ¾ of batter evenly in greased and floured 10-in. tube pan. Combine streusel ingredients. Sprinkle ⅔ cup of mixture over batter in pan. Spread remaining batter over streusel; top with reserved streusel. Bake 40-50 min. at 375° until done. Cool right side up in pan 25 min., remove from pan and glaze streusel side up.

GLAZE: Blend ¾ cup confectioners sugar with about 1 tbsp. milk; drizzle over cake.

ALTITUDES OVER 3500 FEET: Stir ¼ cup flour into mix. Mix as directed using 1½ cups water. Bake at 400° for 35-40 min.

DUNCAN HINES CHOCOLATE CHIP COOKIES

(Makes about 3½ dozen 2½ inch cookies)



1 pkg. Duncan Hines Deluxe II White Cake Mix ▪ ¼ cup light brown sugar ▪ 1 cup (6 oz. pkg.) semi-sweet chocolate chips • ½ cup chopped nuts • ¾ cup oil • 1 egg •

Preheat oven to 375°.

In a large bowl stir all ingredients together until well-mixed. Drop from a teaspoon onto an ungreased cookie sheet.

Bake at 375° for 10-12 min., until centers of cookies are golden brown. (Edges will look darker.)

Cool on cookie sheet for about 1 min., then remove to rack to finish cooling.

DUNCAN HINES SOCK-IT-TO-ME-CAKE

(Makes 12 to 16 servings of delicious sour cream pound cake)



1 package Duncan Hines Butter Recipe Golden Cake Mix ▪ 1 cup (8 ounces) dairy sour cream • ½ cup Crisco Oil* ▪ ¼ cup sugar • ¼ cup water ▪ 4 eggs ▪ Filling: 1 cup chopped pecans • 2 tablespoons brown sugar ▪ 2 teaspoons cinnamon ▪

Preheat oven to 375°. In a large bowl blend cake mix, sour cream, oil, ¼ cup sugar, water and eggs. Beat at high speed for 2 min. Pour ⅔ of the batter in a greased and floured 10-inch tube pan. Combine filling ingredients and sprinkle over batter in pan. Spread remaining batter evenly over filling mixture. Bake at 375° for 45-55 min., until cake springs back when touched lightly. Cool right side up for about 25 min., then remove from pan.

GLAZE: Blend 1 cup confectioners sugar and 2 tablespoons milk. Drizzle over cake.

WHEN BAKING AT HIGH ALTITUDES: Stir ½ cup flour into mix. Mix as directed above using the sour cream, ⅓ cup Crisco Oil*, 2 tablespoons sugar, ⅔ cup water and 4 eggs. Bake at 400° until done (40-50 min.).

*CRISCO OIL IS RECOMMENDED AS SOME OTHER OILS MAY CAUSE THE CAKE TO FALL.

CUT OUT INDIVIDUAL RECIPES OR FILE PAGES IN RING BINDER

GREEK RECIPES

continued

maining 7 buttered filo. Seal edges. With sharp knife, cut long slits through top filo, about 2 inches apart. Bake for 35 to 40 minutes.

Meanwhile, in medium saucepan, combine syrup ingredients. Boil for 10 minutes. Allow to cool. Pour syrup over warm pastry. Let stand 15 minutes before cutting into diamond-shaped pieces. Makes 30. About 130 calories each.

PASTA FLORA
pictured on page 124

1 cup shortening
3 cups unsifted all-purpose flour
2 tablespoons sugar
1 tablespoon double-acting baking powder
1 teaspoon salt
6 tablespoons brandy or whiskey
2 eggs, slightly beaten
1 jar (16 oz.) apricot, peach or pineapple preserves

In medium bowl, cut shortening into dry ingredients with pastry blender until mixture resembles cornmeal. With fork, stir in brandy and eggs. Knead slightly. Chill. Roll out ⅔ dough to fit bottom of 13x9-inch baking pan. Spread with fruit preserves. Roll out remaining dough into a 13x9-inch rectangle and cut into twenty ½-inch wide strips. Preheat oven to 375°F. Put strips over preserves lattice fashion; brush with milk. Bake 15 minutes. Cut into 54 pieces, 70 calories each.

CHICKEN STEFATHO
pictured on page 124

¼ cup butter or margarine
1 chicken, about 2½ pounds, cut up
2 pounds small whole onions, peeled
1 can (14 to 16 oz.) whole tomatoes
2 tablespoons wine vinegar
Salt and pepper
1 teaspoon pickling spices, tied in cloth
4 to 5 bay leaves
1 garlic cloves, crushed

In deep saucepan, melt butter or margarine. Add chicken and brown on all sides. Add onions, tomatoes, vinegar and seasonings. Cover, cook slowly for 1 hour or until meat is tender and sauce is thick. Remove pickling spices. Makes 4 to 5 servings. About 310 calories for each of 4 servings. **End**

HEARD AT NIGHT

By David Bissonette

Oldest of earth's sound:
marching of tyrant waves
against a shore line
always in retreat.
the aimless wanderings
of lost wind.
and from a starless sky
the old, cold coming down
of rain.

BREADS

continued from page 115

What better way to spend a gloomy winter Saturday? All hands in the kitchen for a day of family togetherness and culinary creativity. It needn't be a hassle.

The secret is organization. Decide on your recipe(s) (undertaking more than two in a day is not recommended) and assign tasks according to age and dexterity. Have a measuring and combining area; a rising area (warm place of course); a kneading area. Decide who's going to do what and when. All should try their hand at kneading—even the youngest tots. If you have a toddler, place him in a high chair where all the action is and give him a piece of dough to squish through his fingers.

Be sure and keep an eye on knife-wielding young chefs and leave the remove-from-the-oven detail to older kids or adults.

Here are handy bread-baking howtos:

- In our family recipes we suggest the quick-method of combining the yeast with other dry ingredients. Active dry yeast must be used for this method.
- Yeast hates cold. See that all your ingredients are at room temperature.
- To quickly grease your bowl pour in about 1 teaspoon of salad oil and swirl.
- Use a rolling pin to help shape bread—it forces out air bubbles.
- Use the correct size pans called for in recipe—too large or too small can result in over or underbaking.
- Arrange pans in the oven with enough space between for air to circulate.
- Before baking, brush bread with a beaten egg for a shiny crust, milk or butter for a soft crust.
- Remove bread from pans and baking sheets immediately to avoid soggy crusts.
- To freeze, cool baked breads completely on wire racks, wrap well and freeze up to 3 months.

All pictured on page 114

SWEDISH RYE BREAD

Grated orange peel and crushed anise seed add distinctive flavor.

3 cups unsifted rye flour
1 tablespoon grated orange peel
1 tablespoon anise seed, crushed
2 packages active dry yeast
2¼ cups water
⅔ cup honey
2 tablespoons butter or margarine
1 tablespoon salt
3½ to 4 cups unsifted all-purpose flour

Grease three 1½-quart round ovenproof glass bowls; set aside.

In large mixer bowl, combine 2 cups rye flour, orange peel, anise seed and yeast. In medium saucepan, heat water, honey, butter or margarine and salt until lukewarm (butter or margarine does not need to melt). Gradually add liquids to dry ingredients and beat at low spee until moistened. Add remaining rye flo and 1 cup all-purpose flour. Increa speed to medium and beat for 2 minute scraping sides of bowl occasionall With wooden spoon, stir in 2½ cups flo or enough to make a soft dough. Tu out onto lightly floured surface a knead until smooth and elastic, about minutes. Add more flour as neede (Dough will be slightly sticky.) Pla dough smooth side down in a lar greased bowl, turn dough to grease sides. Turn smooth side up. Cover wi clean towel and let rise in warm plac free from draft, until doubled in bul about 1 hour. Punch dough down. Tu onto lightly floured surface. Divide in 3 equal pieces. Shape each piece dough into smooth round ball and pla into prepared bowls. Cover and let ri in warm place until doubled in bul about 45 minutes.

Preheat oven to 375°F. Bake for 30 35 minutes or until loaves sound hollo when tapped. Remove from bowls a cool on wire racks. Makes 3 loave About 110 calories per ½-inch slice.

HONEY WHEAT LOAVES

Full of all sorts of good things like gra ola, honey, raisins and sunflower see

1 cup plain granola
½ cup honey
¼ cup light brown sugar
2 teaspoons salt
2 packages active dry yeast
3 cups warm water
5 cups unsifted whole wheat flour
2½ to 3 cups unsifted all-purpose flour
1 cup seedless raisins, chopped or snipped with lightly-floured scissors
½ cup hulled sunflower seeds

Grease 2 9x5-inch loaf pans; set asid

In large mixer bowl combine grano honey, brown sugar, salt and yeast. A water and beat at low speed until mo tened. Gradually add 3 cups wh wheat flour and beat at medium spe for 2 minutes, scraping sides of bowl c casionally. Stir in remaining 2 cu whole wheat flour and enough all-pu pose flour (about 1½ cups) to make soft dough. Turn onto a lightly flour surface and knead in raisins and su flower seeds. Knead for about 10 to minutes, adding more flour if neede until smooth and elastic. Place dou smooth side down into greased bo turn dough to grease all sides. Tu smooth side up. Cover with clean tow let rise in warm place, free from dra until doubled in bulk, about 1 hour.

Punch dough down, turn out onto floured surface and cut in half. Wi rolling pin, roll each piece into a 12x inch rectangle to press out air bubble Roll up from 9-inch side pinching sea to seal. Place seam-side down in pr pared pans. Cover, let rise in warm pla until doubled in bulk, about 1 hour.

Bake bread in preheated 350°F. ov for 45 to 50 minutes or *(continue*



When you fix KRAFT Macaroni & Cheese you know they're going to like it.

KRAFT

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BREADS

continued

until bread sounds hollow when tapped with fingers. Remove loaves from pans and cool on wire racks. Makes 2 loaves. About 150 calories per ½-inch slice.

SOUTHERN WHITE BREAD

Cornmeal's the secret here.

5½ to 6 cups unsifted all-purpose flour
1 cup yellow cornmeal
⅓ cup sugar
1 tablespoon salt
2 packages active dry yeast
1½ cups milk
1 cup water
3 tablespoons butter or margarine

In large mixer bowl combine 2 cups flour, cornmeal, sugar, salt and yeast. In medium saucepan, heat milk, water and butter or margarine over low heat until lukewarm (butter or margarine does not need to melt). Gradually add liquids to dry ingredients and beat at low speed until moistened. Increase speed to medium and beat for 2 minutes. Stir in enough additional flour (about 3½ cups) to make a soft dough. Turn out onto lightly floured surface and knead until smooth and elastic, about 10 minutes, adding more flour as needed. Place dough smooth side down into greased bowl. Turn dough to grease all sides. Turn smooth side up. Cover with clean towel and let rise in warm place, free from draft, until doubled in bulk, about 1¼ hours.

Meanwhile, grease 2 9x5-inch loaf pans. Set aside. Punch dough down, turn out onto a lightly floured surface and cut in half. With rolling pin, roll each piece into a 12x9-inch rectangle to press out air bubbles. Roll up from 9-inch side, pinching seams to seal. Place seam-side down in prepared pans. Cover and let rise until doubled, about 30 to 40 minutes.

Preheat oven to 350°F. Bake 40 to 45 minutes or until bread sounds hollow when lightly tapped with fingers. Remove loaves from pans and cool on wire rack. Makes 2 loaves. About 105 calories per ½-inch slice.

OATMEAL RAISIN BREAD

This should be a special hit with your youngest bread baker.

¼ cup lukewarm water
2 packages active dry yeast
2 cups milk
2 tablespoons butter or margarine
2 cups quick oats, uncooked
⅓ cup light brown sugar
1 tablespoon salt
3½ to 4½ cups unsifted all-purpose flour
1½ cups seedless raisins

Grease two 8-inch round cake pans; set aside. In large mixer bowl combine water and yeast and stir until dissolved. In small saucepan heat milk and butter or margarine until lukewarm (butter or margarine does not need to melt). Add oats, sugar, salt and 1 cup flour to yeast mixture. Gradually add milk to dry ingredients and beat at low speed until moistened. Increase speed to medium and beat for 2 minutes, scraping sides of bowl occasionally. With wooden spoon stir in 2 cups flour or enough to make soft dough. Turn out onto a lightly floured surface and knead until smooth and elastic, about 10 minutes. Add more flour as needed. (Dough will be slightly sticky.) Place dough smooth side down in a greased bowl; turn to grease all sides. Turn smooth side up. Cover with clean towel and let rise in warm place, free from draft, until doubled in bulk, about 1 hour. Punch dough down. Turn onto lightly floured surface. Knead in ¼ the raisins. Rotate dough a quarter and knead in another ¼ the raisins. Keep kneading and rotating dough until all raisins have been added. Divide dough in half. Shape each piece into a smooth round ball. Place in prepared pans. Cover and let rise until doubled in bulk, about 40 minutes.

Preheat oven to 350°F. Bake for 30 to 40 minutes or until loaves sound hollow when tapped. Remove from pan and cool on wire racks. Makes 2 round loaves. About 120 calories per ½-inch slice.

DARK PUMPERNICKEL BREAD

Serve with a hearty soup or goulash, green salad and mugs of beer.

1 tablespoon cornmeal
1 tablespoon butter or margarine
1 cup chopped onions
2¼ cups lukewarm water
2 packages active dry yeast
⅓ cup dark molasses
1 tablespoon salt
2 tablespoons salad oil
1 square (1 oz.) unsweetened chocolate, melted and cooled
1 cup whole bran cereal
1½ cups unsifted rye flour
1½ cups unsifted whole wheat flour
2 tablespoons caraway seeds
3½ to 4 cups unsifted all-purpose flour

Grease large cookie sheet and sprinkle with 1 tablespoon cornmeal; set aside. In small skillet melt butter or margarine. Add onions, sauté until tender, about 5 minutes, stirring occasionally; set aside.

In large mixer bowl combine water, yeast, molasses, salt, oil, chocolate and bran cereal. Beat at low speed until mixed. Add rye and whole wheat flour, onions and caraway seeds and beat until moistened. Increase speed to medium and beat for 2 minutes, scraping sides of bowl occasionally. With wooden spoon stir in about 2½ to 3 cups all-purpose flour. Turn out onto a lightly floured surface and knead dough 10 to 15 minutes or until smooth and elastic. (Add more flour as needed. This dough is very sticky.) Place dough in a large greased bowl, smooth side down; turn dough to grease all sides. Turn over to grease Cover with clean towel and let r warm place, free from draft, doubled in bulk, about 1 hour. dough down. Turn out onto a fl surface and divide in half. Shape half into an oval, turning edges to make a smooth top. Place on c sheet. Cover and let rise in a warm until doubled in bulk, about 45 mi

Preheat oven to 350°F. Bake for 50 minutes or until loaves sound h when tapped. Remove from cookie and cool on wire rack. Makes 2 l About 105 calories per ½-inch slice

POPPY BUBBLE BREAD

The most wee helpers will love r the dough into small balls.

5 to 5½ cups unsifted all-purpose flo
⅓ cup sugar
2 teaspoons salt
2 packages active dry yeast
1 cup milk
¼ cup butter or margarine
3 eggs, at room temperature
2 tablespoons poppy seeds
¼ cup butter or margarine, melted

Grease two 8-inch square pans; set

In large mixer bowl combine 2 flour, sugar, salt and yeast. In saucepan heat milk and ¼ cup but margarine over low heat until luke (butter or margarine does not ne melt). Gradually add liquids to di gredients and beat at low speed moistened. Add eggs and poppy s Increase speed to medium and be 2 minutes scraping sides of bowl sionally. Stir in enough additional about 2½ to 3 cups, to make soft d Turn out onto lightly floured su knead until smooth and elastic, abo minutes, adding more flour as ne Place dough smooth side down greased bowl, turn dough to grea sides. Turn smooth side up. Cover clean towel and let rise in warm p free from draft, until doubled in about 1 hour. Punch dough down. onto lightly floured surface; divid half. Cut each half into 25 equal pi Shape each piece into a ball. Dip into melted butter or margarine. Arr in rows of five in prepared pans. C loosely with towel and let rise until bled in bulk, about 30 minutes.

Preheat oven to 350°F. Bake roll 30 minutes or until golden brown rolls sound hollow when tapped. move from pans and let cool on rack. Makes 50 rolls. About 75 cal each.

BRAIDED BUTTERMILK HERB BRE

Kids will love braiding this, and its l iness will appeal to the whole family

2 packages active dry yeast
¾ cup lukewarm water
5 to 5¼ cups unsifted all-purpose flou
1¼ cups buttermilk
¼ cup salad oil
2 tablespoons sugar *(contin*

Dear Fleischmann's Yeast,

We're up to our necks in buns! Our recipes make too much for the two of us. Help!



ar Necks,
ke as much—or as little—as
i need. Get a rise out of
ischmann's Yeast the
ezer dough way.



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ch as you want. Let thaw,
rise, then bake.

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small families—and small
zers (since freezer doughs
't rise first, they take up
little space).

ou can make freezer dough
ghnuts or dinner rolls,
ee cakes or French bread,
ad sticks or sticky buns.
y not start now? With this
y recipe for delicious Orange
ssom Buns.

'll need:
cups sugar
up grated
range peel
to 6½ cups
nsifted flour
aspoon salt
gs. Fleischmann's Active Dry Yeast
up (1 stick) softened
eischmann's Margarine
p hot tap water (about 125°F.)
gs (at room temperature)
ted Fleischmann's Margarine



First, make Orange Sugar topping by mixing 1 cup sugar and ¼ cup grated orange peel. Set aside.

The fun begins.
In large mixing bowl, thoroughly mix 1¼ cups flour, ¾ cup sugar, salt, and undissolved yeast. Add softened margarine. Gradually add tap water.



Beat 2 minutes at medium speed of electric mixer. Scrape bowl occasionally. Add eggs and ¼ cup flour. Beat at high speed 2 minutes, scraping bowl occasionally. Stir in enough additional flour to make a soft dough. Turn out onto lightly floured board. Knead until smooth and elastic—about 8 to 10 minutes.

Divide dough into 3 equal parts. Divide one part into 8 equal pieces. Form each piece into a smooth ball; dip into melted margarine; coat with ⅓ Orange Sugar; cluster in greased 8" round cake pan. Cover tightly with plastic wrap, then with aluminum foil. Place in freezer. Repeat with remaining dough and coating. Keep frozen up to 4 weeks.

Rise and blossom.
Take pan from freezer and let stand at room temperature until fully thawed—about 3 hours (keep loosely covered with plastic wrap). Let rise in warm place, free from draft, until more than doubled in bulk—about 2¼ hours.

Bake at 350°F., 25 to 30 minutes, or until done. Remove from pan, cool on wire rack.

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Almond Blossom Ham

Simple and simply delicious with Hormel Cure 81® Ham and Blue Diamond® Almonds.



APRICOT ALMOND GLAZE

- **1 can (8 oz.) pineapple tidbits in unsweetened juice**
- **1 can (17 oz.) apricot halves in heavy syrup**
- **1 tsp. lemon juice**
- **1 Tbsp. cornstarch**
- **12 cloves**
- **10 allspice**
- **2 cinnamon sticks**
- **½ cup Blue Diamond® Blanched Slivered Almonds, toasted**

While your dependable Cure / 81® ham bakes, drain pineapple and reserve juice. Combine juice with apricots and syrup in blender and whirl until pureed. In medium saucepan, thoroughly blend puree, lemon juice and cornstarch. Drop spices in saucepan. Bring to a boil over medium heat, stirring constantly until thickened. Remove from heat, strain out spices. Brush hot onto ham during last half hour of baking. Cut pineapple tidbits in half and arrange with almonds as shown. Reheat remaining glaze, add almonds and serve as a sauce.



Hormel

BREADS

continued

lespoon salt
ıp finely chopped parsley
ıp chopped chives
lespoon dill seeds

rge mixer bowl dissolve yeast in water. Add 2 cups flour, ermilk, oil, sugar and salt and beat at low speed until tened. Increase speed to medium and beat for 2 minutes, ing side of bowl occasionally. Add herbs and mix well. in enough additional flour (about 2½ cups) to form a dough. Turn dough onto a floured surface and knead smooth and elastic, about 5 minutes, adding more flour eeded. Place dough smooth side down in greased bowl, to grease all sides. Turn smooth side up. Cover with towel and let rise in warm place, free from draft, until led in bulk, about 1 hour.

rease 2 large cookie sheets; set aside. Punch dough down. out onto lightly floured surface. Divide dough in half, each half into 3 pieces. Roll each piece into a 14-inch Place three ropes on large greased cookie sheet, side de, and pinch together at one of the ends. Braid dough pinch other end together. Repeat with remaining dough. er and let rise until doubled in bulk, about 30 minutes. eheat oven to 350°F. Bake for 35 to 40 minutes or until es sound hollow when tapped with fingers. Remove from ng sheets and cool on wire rack. Makes 2 loaves. About lories per ½-inch slice.

WHOLE WHEAT BREAD

elicious you'll be tempted to make your own bread all ime.

os unsifted whole wheat flour
up packed light brown sugar
lespoons granulated sugar
ckages active dry yeast
lespoon salt
cups water
up milk
up shortening
2½ cups unsifted all-purpose flour

se 3 1-pound coffee cans (or 2 9x5-inch loaf pans); set . In large mixer bowl add whole wheat flour, both brown granulated sugar, yeast and salt. In medium saucepan ine water, milk and shortening and heat until liquids ukewarm (shortening does not need to melt). Gradually liquids to dry ingredients and beat at low speed until tened. Increase speed to medium and beat about 2 min- scraping sides of bowl occasionally. With wooden spoon n enough all-purpose flour to make a soft dough (about 2 cups). Turn out onto lightly floured surface, knead smooth and elastic, about 10 minutes, adding more flour eeded. Place dough smooth side down into large greased , turn dough to grease all sides. Turn smooth side up. r with a clean towel and let rise in warm place, free from , until doubled in bulk, about 1 to 1½ hours. Punch h down.

rn out onto lightly floured surface and divide into 3 l pieces. Shape each piece and place into prepared cans. aking in loaf pans, divide dough in half. Roll each piece a 12x9-inch rectangle to press out air bubbles. Roll up 9-inch side, pinching seams to seal. Place seam-side in prepared pans.) Cover, let rise until doubled in me, about 40 minutes. Preheat oven to 350°F. Bake 35 minutes or until loaves sound hollow when tapped with rs. Cool bread on wire racks. Makes 3 loaves. About 95 ies per ½-inch slice.

End





Rita Hayworth

continued from page 92

or costume, a dozen people were running around the set yelling, 'Where's Miss Cansino?' I was so upset I couldn't get my mouth open two hours later when I was finally made up, dressed and in front of the camera. I've never been sure, but I'll bet they dubbed the dozen lines I had."

In her years at the Fox Film Corporation, she played a Russian girl in *Paddy O'Day*, an Egyptian girl in *Charlie Chan in Egypt* and other minor roles. Then Twentieth Century Pictures merged with Fox, and Rita was dropped. She then worked for Universal: "My first love scene was with Pinky Tomlin, a singer who had become a Western star. But my first screen kiss was in a western with veteran George O'Brien. He was about fifty years old and I was fifteen. It was amazing that most of the parts I played when I was a teenager were not ingenues but femme fatales!"

Eventually, Rita signed a seven-year contract with Columbia Pictures. After she starred with Fred Astaire in *You'll Never Get Rich*, the picture that won her stardom, she signed a new contract. It was to become one of the longest in motion picture history.

The man who helped her at Columbia, who saw star quality in Rita, was director George Cukor. He sent her to noted coach Gertrude Fogler to study voice, elocution and French.

There were other directors who helped her along the way. When she was loaned out by Columbia, she worked with three great directors on the three pictures that took her career into the big time: *Only Angels Have Wings*, directed by Howard Hawks (her first "A" film); *Blood and Sand* directed by Rouben Mamoulian ("I left Ty Power for Tony Quinn in that, remember?"); and *The Strawberry Blonde* ("Director Raoul Walsh had m hair dyed red; I was delighted.")

"I have always been grateful to Rao Walsh because he had a soothing, cal ing way of explaining what he wante

Terribly shy

"Each one of these fine directo brought out some quality I didn't kno I had, and gave me the confidence badly needed. The fact is, I am *terrib* shy. Or maybe *introverted* is a bett word. But introverted, shy, whatever, stays with you whether you're a star not. I think many people *become* acto and actresses to overcome just that. Y can become so many people!"

Rita found security, at least temp rarily, when she married her second hu band, Orson Welles, in 1943. "We d *not* meet when he sawed me in half part of his magic act. He waited un we got married to do that. We met wh he asked me to appear on his Mercu Theatre radio program with him a Joseph Cotten. The next day he ask me to dinner. He has more than brillia talent; he has genius—and life with h introduced me to a new world. We h four wonderful years of marriage, and darling baby. Two months after Rebec was born, I was back rehearsing produ tion numbers for *Gilda*, the pictu which, I understand, made me the mo publicized woman in the *(continue*

SEED SONG

By Hannah Kahn

We planted seeds
And watched them grow
And neither you nor I
Can know

Why one will flourish
One will die
One lie dormant
Till one day

The latent blossom
Will appear:
The signature of spring
Be clear.



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Rita Hayworth

continued

country. Unfortunately, that only increased my value to Columbia and made our marriage impossible."

Orson wanted to make pictures in Europe. Rita begged the studio to let her make films in Europe, too, but they wouldn't hear of it. And she was under a contract that required ten more years of work from her. Nevertheless, she and Orson made one picture together, *Lady From Shanghai*, which he wrote, directed and produced. "After our separation," Rita says, "there was no problem. I admired him then and I still do.

"But love is the dearest thing in life, and I'm a woman who lives for love and longs for marriage. When you're in love you're living." And it was not Orson Welles, but Aly Khan who was the love of her life. She met Aly during her first trip to Europe. He followed her back to America and she married him in 1949, though it meant breaking her contract and leaving pictures entirely. "We lived a wonderful reality. It was the happiest time I've ever known.

"Aly was never the reckless man the press sometimes made him seem. He loved horses and rode them, loved cars and drove them; but he was never careless. He was a thoughtful man with deep interests. His responsibilities were vast. He was the oldest son of the Aga Khan, religious leader of twenty million Moslems. We lived in Paris, Cannes, Ireland, Deauville and Normandy. The loveliest time of our life together was at Gstaad in Switzerland, when I had Yasmin. Becky was with us, of course, and Aly's two sons: Karim, now the Aga, and Arim, charming boys with whom I loved to play tennis. This was the quiet interlude when we were a family, and for two months after Yassy was born our life was serene; there was a sense of continuity, of calm and belonging, which is terribly important to me."

Life with Aly

But when the time came for the annual pilgrimmage through the Moslem domain, Rita realized for the first time what life with Aly entailed. It meant traveling through East Africa, the Belgian Congo, Mozambique, Cairo, Portugal, Madagascar, India. It meant meeting dignitaries and visiting schools, orphanages, hospitals, mosques. It meant dressing formally for breakfasts, luncheons, teas, dinners. "I was tired. I missed the children. And I missed Aly. Though we were together, we seldom had a moment alone. I explained how I felt and he understood, but this was what he'd been born to do. After four months, I wasn't too eager to go on to India. I fl back to Switzerland and I barely rec nized Yasmin because she had grown A few months later, I packed up t children and went back to America. was the most difficult thing I ever d

"Aly was following his destiny, he h no choice. The choice had to be mine have never regretted marrying Aly have our child who is beautiful ins and out. I was always able to take c of her and Becky, and I liked doing The press, and even close frien thought Aly contributed vast sums child support. We never received a c until two years before Aly's death, wh he sent a small amount for Yasmi schooling that semester. He did come visit her once a year, and two times,

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ur weeks at a time, she went to Europe with a nurse to see
m. He was with her when she had her tonsils out. He was
th us when she was only two and a half and the nurse
issed a bottle of sleeping pills. We thought Yassy might
ve swallowed them. I fainted but Aly stayed with her while
ey pumped her little stomach. He was a wonderful man
d his death was a tragic blow to the girls—Becky adored
m—and to me. I will always love Aly, my child's father;
d I will always love Orson, my child's father. As for my
ls, the greatest thing that ever happened to me was having
em. We've been everything to each other and I'm proud
them. Becky writes well, Yassy sings well; they are living
eir own lives—as they should.

"What I ultimately wish for them is exactly what I wish for
yself: a rich, full life, good work, love. Every woman is
oking for love. And it's a natural instinct to marry. I've
ver felt my marriages were disastrous. Ed Judson, my first
te—and my first husband—was part of growing up. You see
enagers every day who marry the first boy who asks them.
narried my fourth husband Dick Haymes to keep him from
ing thrown out of the country. He was an alien from Argen-
a who'd come to Hawaii to visit me while I was making
iss Sadie Thompson. He failed to notify the authorities and
ey were going to deport him. I can't abide injustice."
for fifth husband, producer Jim Hill, whom she mar-
d in 1958, "A very nice man. We were just very different
ople.

"What surprises me in life are not the marriages that fail
t the marriages that succeed. Individuals are so different.
e all have different goals, needs, environments, memories.
n inclined to believe in people—sometimes that has proven
nistake, there are men who capitalize on that. But the mis-
ke stems from the fact that I'm in love with life. I always
ll be.

"Someday, yes, I'd like to marry again. I'm not a woman
o wants to live alone. Some people can; I can't. I want to
are all my feelings, everything I think and dream."

Above all, right now, she is concerned about her health.
coholism is a formidable adversary. It defeats millions of
nericans every year, and the sensitive, talented person,
one and without work, is an easy target. But it didn't defeat
ta. She is well, beautiful and ready to go back to work. **End**





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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Q. Does Speed Queen pack a coupon fo Tide in every new automatic washe

A. Do kids run outside in their socks



This Speed Queen washer is also good to have around when kids play outside. Its multi-cycle timer has settings for normal, permanent press/knits, even pre-wash soaking. And the exclusive, large capacity stainless steel tub means no chips, no snags, no rust.

Tide has agreed with washer makers to supply Tide coupons packed by them and to feature their washers in Tide advertising.

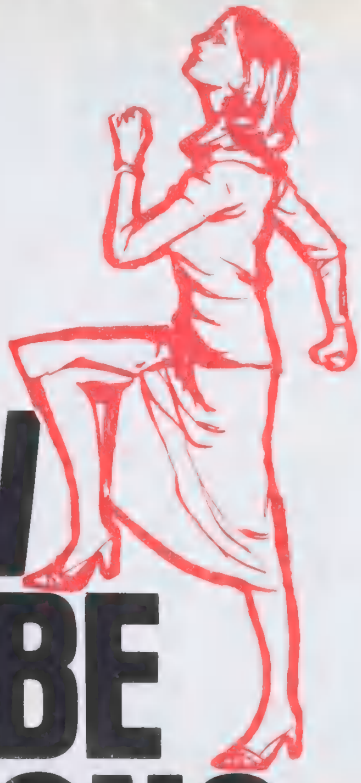
The makers of 15 washers pack Tide coupons in every top-loading automatic.

No question about it— when kids run outside in t socks, the dirt gets ground with every step they take. And to help you get out th dirt, Speed Queen packs c 40-cents-off coupon for Tic every one of their new washers. Now 40-cents-of good reason to try Tide. B we think you'll keep using Tide because of the way it cleans.

Tide was made to work best on the kind of dirt yo see most in your wash—t terrible black dirt kids hav way of grinding into their knees and elbows and he and toes...not to mentio day-in, day-out fruit juice jam, chocolate drinks and cream. Tide can handle it and handle it beautifully!

When you need to count cleaning, put your trust in Tide.



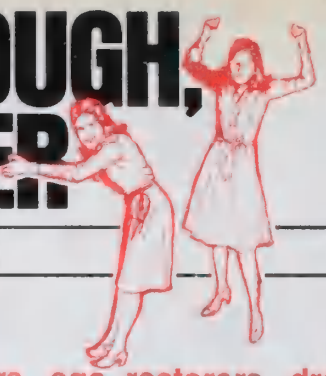


HOW TO BE STRONG AND FEMALE

"It's not easy to be a woman today." If you've said that, you're not just griping. You're probably reacting to a broad spectrum of social changes, many of which were revealed at the recent Women's Conference at Houston. Can women handle all these new challenges with grace and courage? Here, some perspectives from a group of very modern women, insights that could help you meet the many problems *you* face in a world of altered standards, increasing options and unsettling personal upheavals. Let us hear your perspectives and opinions, too.—The Editors

GETTING TOUGH, STAYING TENDER

BY PHYLLIS THEROUX



"Traditionally, women have been the stage managers, ego restorers, dream nurturers. Today we have jobs, we deal with emotionally zig-zaggy children—and lead lives Norman Rockwell wouldn't put on canvas. Today we are getting tough."

Toughness is like but not quite the same thing as strength. There is a tensile, graceful, enduring connotation to the word "strength," really quite feminine. I think of Anne Morrow Lindbergh, who is strong—but would one ever call her "tough"? Toughness is one of those words that we instinctively dodge as unflattering, and at various times in my life I understood why.

A tough girl was the little gum-chewer who snared the same boys I just knew would one day refine their tastes and be snared by me. "She has a rather tough-looking face, don't you think?" my mother would ask, hoping that the deeper lesson would not be lost upon me. And it wasn't.

A tough woman was a bloodless female. She ran newspapers or parlayed cosmetics into an empire, and she fired grown men from their jobs without thinking about what would happen to their families, or trying to empathize with a different point of view.

Certain women talk tough. Other women act tough. To apply that adjective to a woman is to hint at a creature who would slice through children, grandmothers—and all the soft, connective tissue that gives life meaning—to grab at the bone.

There are those classic scenes from old movies where the tobacco-stained tart, the eagle-eyed Mother Superior, breaks down in tears, revealing a soft heart underneath the concrete—but that is just the movies. In real life, "tough" cancelled out "tender," which would have cancelled out nine-tenths of my formative years.

Even then, I was a walking anachronism. Most girls did not attend convent schools, chant Latin, wear green cotton aprons and pause every noon in the courtyard while the Angelus bells tolled over the rooftops. Out there, beyond the eucalyptus grove, in those glass-walled high schools, were other girls who knew how to knit Argyle socks, wore poodle skirts and bopped home every afternoon to play their 45's until supper.

I did not envy those girls, because I led a contained, light-struck existence, full of pageantry, hot chocolate and monitored innocence. There were times, when running from one building to another, that I would pull to a stop, suck in breath and try to stop time. I sensed that this tuition-backed reprieve would end the moment of graduation. I was right. All of us sailed into the larger world with our trunks full of poetry and hockey certificates, as tender as we were tenacious in believing that the ideal woman (and most of us planned on being one) was tender to the core.

This belief did not entirely pan out. Or rather, I believed in tenderness, but never gave much attention to the core beneath it. There came a day when I understood that being really tough is not the antithesis of being really tender, but has everything to do with living one's life and viewing one's self as if both were good reasons for living. That is not something that women (whether we were reared in aprons or poodle skirts) were traditionally raised to believe. Our point has always been to turn upon the point of other people's lives.

"I have learned to live in the present . . . It was the hardest lesson . . ."

Women are traditionally the stage managers, prop collectors, ego restorers, dream nurturers. "A woman's touch" is soft, interpretive, predicated upon having some material to work with in advance. Sitting at the kitchen table pasting up last year's photographs, we women are the scrapbook-keepers who organize the bits and pieces into a coherent statement.

I, personally, don't plan to give u these functions. Yet recently—as reflec ed in the divorce statistics, the rising tid of professional women, the new voice in the women's movement—women ar coming to the conclusion that, in orde to survive as individuals, it is necessar to be a coherent statement in themselve

It was my original understanding back in the days when I had the luxur of browsing for a lifestyle the way ladie browse for placemats in departmen stores, that my background had pre pared me to be a catalyst.

In this formless but essential role, would bring others together and be de fined by the results. Husband, children friends, out-of-town guests . . . I woul assemble all the ingredients, let ther mix around together, while I leane back against the stove and though "Isn't this (therefore, aren't I) wonde ful?"

That was my original understanding But understandings change—unless on doesn't want to change at all.

Many times I have bumped into a understanding and rushed hurriedl back into the kitchen to realphabetiz the spice collection, hoping that the un derstanding would go away. That is on way to deal with life, although ultimate ly life ends up dealing with you mor roughly than the last time. I first learnec that lesson when I was in the third grad and a fearsome pair of twin boys move into the neighborhood.

Their names were "Ernie" and "Ferd ie," and I think they were sons of a poo but genteel set of parents, and their rea names were undoubtedly "Ernest" and "Ferdinand." My mother, who is sensi tive to sorrow, once made a point to stop their mother and tell her what handsome children they were. The mother's eyes filled with tears; she did not know what to say, and she walked away. For the truth is, a more scrofulous, runny-nosed, nicked-around-the-edges pair of baby monsters never existed, and one day they chased me home from school.

That was the first of many days when

fled as fast as my fear-paralyzed body ould carry me. But one afternoon mething happened. Perhaps I got an- ry, or my legs resisted their usual as- gnment, or maybe I simply didn't feel had anything more to lose than my life. ut I stopped running, whirled around, nd started in to run toward them. The vins halted, turned on their heels, and olted around the corner, never to both- me again.

That memory is remarkable only be- ause it was such an exception to my sual way of dealing with life, which as akin to the rules of "Dodge Ball." ne scoots out of the way, jumps up, tries to hide behind someone else to void the ball. But in life, like "Dodge all," there can come a moment when, t's just you, babe," in the middle of iat circle. Then it really requires tough- ss to keep the game going.

There are very few women who, in my perience, have not known the feeling being alone. It is not dissimilar to the ar that overtakes the toddler lost in a epartment store. Shorn of his mother's nd, he is too young to have internal- ed what he is, and he wails to be found nd given back what he needs to be him- lf. Where is that warm hand that con- cts him to life?

Women have been so defined by their nnectiveness to life—their children, eir husbands, all the spin-offs that entify us for what we are. And while ese are legitimate connections, we n't conceive of ourselves as having at sharp edge of identity that men are ged toward possessing from the time ey can pronounce the initials "C.P.A." e marry the C.P.A.'s, bear their chil- en and urge them to get raises—or so e funny cartoons in the magazines in- ruct.

In fact, women are beyond that stere- ype and have been for some time. We e single, divorced, widowed and often- mes lead lives that Norman Rockwell ould have great difficulty putting on nvas. The streets are full of women ho have jobs, run households, deal ith emotionally zigzaggy children, fix rs (or don't fix them, in my case) and e called upon to be all things to all arts of life.

Call it strength or call it toughness, ut when the world is no longer material interpret, or a dream to understand, bake cakes for, but to live in, one eeds a certain kind of courage that en- bles you to get through. Wanting and aving are not the same thing.

"Tell me" I asked my black friend, ouise, who cleans houses in the neigh- orhood. "How do you survive?"

"I don't know," she told me. "Some- mes I cry, and that makes things better r a while. Something always happens t the last minute to get me by. My chil- ren don't want for food yet."

"Tell me" I asked my priest friend, Hal, who is my first choice for someone to punch out the opposition on my behalf, should it ever come to that, "How did you get to be tough?"

"Me?" he smiled. "I'm not tough, not tough at all." And then he proceeded to tell me about facing down a man who was carrying a loaded gun, which was an interesting story proving that he was tough. But it was not a story that I could easily apply in my own life.

"Tell me," I asked another friend, now feeling a little desperate, "how do you survive?" This last friend is a woman my age. She has large bills, small children, no husband and a limited amount of energy. That is all on the debit side. On the credit side, she is intelligent, honest and determined to survive.

She looked at me and said, "I have had to learn to be tough."

"But what does that mean?" I asked, hoping she was not going to say that she had to forfeit her religion, her best instincts and her jewelry collection.

"What I mean by that," she said slowly, "is that I have learned to live in the present. It was, and is, the hardest thing I have ever had to do. If I think about the past too often, I will craze myself with guilt and nostalgia. If I worry about the future, I would not be able to function. And so I have trained myself to live precisely where I am—in the present.

"Actually," she continued, "the present isn't so bad. I've come to appreciate it in a way I never thought possible." We spent the rest of the conversation tossing that thought around. There was a truth in it that I needed to embrace, although it was tough to do.

There have been many times when I have embraced the past like a warm rock that gave me foundation on which to collapse. There have been other times when embracing the future seemed the only way to make a particular hard moment endurable. Yet to embrace the present, to accept the truth of it without reverting to childhood or shooting ahead to fantasia, is the most difficult embrace of all. It intensifies one's aloneness, draws a circle around the feet, and yet within that circle we stand upright. The present can't be taken away. Nor can we. And detached from our own notions of what was or ought to be, we are suddenly free to see what is. It's tough to stand in that circle, but there is something exhilarating about knowing you are capable of it.

Although this is not to deny that as my friend Louise admitted, "Sometimes I cry." **End**

"EX" MARKS THE SPOT

BY ANN BRINKLEY



Life after divorce is always hard, but it's even harder for the woman who's married to a celebrity. Here, television newsman David Brinkley's former wife tells what it's like to end a close encounter of the domestic kind.

Divorce is a rotten thing to go through—and rotten to live with after it's finished. But it's worse if your ex-husband happens to be famous. I used to be married to David Brinkley.

When most marriages break up, the two people involved seldom see

each other. But the famous ex-spouse is everywhere. In my case, he's in living color almost every night on the television screen. A friend recently said to me "If I were you, I would never look at that program." I do, though, because it's an ingrained habit—and because John Chancellor is my friend—and for that matter, so is David.

Some months ago, I picked up my morning paper and splashed on every page, it seemed, was an NBC promotion picture of John Chancellor and David. This went on for at least a week. The newspapers were gloomy enough without having the face of the man I had been married to for 25 years pop out at me on every page.

Then there's the time my ex-husband decided to remarry. This is a bad time emotionally for a divorced person, especially if he or she has not remarried. But it is even worse when the wedding is all over the papers. As a result, I received letters from strangers telling me what a rat he was for abandoning my children and me—which irritated me even more because that wasn't the case. People sometimes assume a famous man must be an unstable one. That's silly.

But getting a heavy dosage of your former partner via the media is good in some ways. When you finally run into him face to face, there isn't a shock or a rush of nostalgia. Washington, D.C., is such an inbred political community that sooner or later I was bound to run into David. It happened at a large annual Easter party given by syndicated columnist Art Buchwald and his wife.

While we were married, David and I had gone to this annual gathering with our three sons. To the credit of Ann and Art, they never took sides after the divorce and invited both of us to large functions. This year David was there with his new wife, and when he saw me, he came to say hello.

I said, "David, that's a wild shirt you're wearing."

He smiled and said, "Do you want it?"

"No," I answered, "I'm still wearing your high school sweater."

"Do you have the one with the 'W' on it?" he asked.

"No," I said, "I have the black one and you can have it back if you want, but I want to keep the maroon one. I wear it a lot."

So much for dumb conversations with your ex-husband.

The woman who is divorced from a famous man has to learn to keep her sense of humor at all times. She especially needs it when all those beautiful people she thought liked her because of her charm decide they can do very well without her—but not her famous ex-husband. Being the wife of a celebrity is the ticket of admission to some homes, and when you lose that status, you lose a lot of invitations.

Once, when it seemed that David and I might reconcile, my phone was rung a lot by people who had disappeared from my social calendar. The calls stopped when we didn't make up.

Abigail McCarthy told me that when she and Gene [former Sen. Eugene McCarthy] split, all those who'd hung around accepting her meals, generosity and limelight in the past stayed away in droves. In about a year they cautiously slunk back. I guess they thought it might be all right since Gene and Abigail never brawled in public and Gene didn't become president.

"One day I discovered that David had found a new love."

Occasionally, if a hostess needs an extra woman or feels guilty because she ran into the ex-wife on the street, the ex-wife might get invited to a dinner party. But generally, the "extra lady" is not welcome, especially if she's attractive; married women often fear the attractive woman on the loose. The extra man, however, is another story.

The extra man has at least two invitations for every night and is wined and dined so much he either gets sick of it and finds a new wife or becomes quite spoiled. One man childishly whined to his hostess that she was constantly placing him next to bores at her little dinners and if she didn't stop that, he'd not come again. These "extra" men go to lots of fancy balls and benefits because many of the wealthier widows ar divorcées so much want an esco that they're willing to shell out a much as $200 for the tickets.

One day I discovered that Dav had found a new love. I found o because I couldn't find my picn basket—a wicker one gloriously ou fitted with stainless steel place se tings, plastic dishes and thermose I asked my son if he'd used it. "No, he answered, "but Dad wanted it s I gave it to him."

Though I was sorely tempted maim my beloved son, I refraine David, however, might not have bee so lucky if he'd been in maimin range. Quite simply, I instructed m son, "Go get it back."

He did, but not before I hear from someone how it had been use on Mother's Day. Packed with el gant food, David had taken it and h new love to Hickory Hill in Virgin for a picnic with Ethel Kennedy.

In my anger, I told David I thoug he had all the sensibilities of a goa not only to have had our own so steal *my* basket (for a Mother's Da picnic, no less), but also to hav taken it to the house of a woman wh hadn't spoken to me in three year

Yes, Ethel had decided that sinc I was no longer married to David, was not worthy of her friendship. A first I was deeply hurt and puzzle later, I was amused. Though I ha been a devoted friend and helped o many Kennedy projects, Ethel cu me cold.

When asked why Ethel behaved s boorishly, one of her friends looke me squarely in the eye and said "Ethel knows you must hate her guts but she thinks seeing you would b too painful since the break up o your marriage occurred about th time of Bobby's death."

You ask a silly question, you ge a silly answer. David just happene to be a frequent visitor and escort a Hickory Hill.

But so-called friends aren't th only ones who behave differentl after a woman divorces her famous husband; relatives may act strange ly, too. For instance, when a friend of mine—I'll call her Kay—told he parents of her impending separation from her famous husband, thei reaction was quite curious. Kay's mother had not been blind to the fac that the marriage had been unhappy but when she heard the news of the

akup, she lit a cigarette and said
m the depths of her velvet wing
ir, "What about the eight thou-
d dollars you borrowed from us?"
Her father took his pipe from his
uth, tapped it into the ashtray on
mantel and said, "Lucille, we
wait for that." Then turning to
beloved daughter he said, "Oh,
't forget the golf clubs he bor-
ed last year." Her father hadn't
yed golf since his heart attack
years before.

Next, Kay wrote her sister in Flor-
The sister wrote back saying she
uld like to have the soon-to-be-
anged husband over for dinner
n he came to town to address the
anis Club later that year. Would
invite him before he left the
se? As an afterthought, Kay's
er said she was sorry about the
aration.

When Kay's brother was told, he
used her of not paying enough
ention to her children. "You're
wrapped up in yourself," he
plained.

Reeling from blow after blow from
very people she had hoped would
tain her through a most difficult
iod, Kay realized that they were
ous with her because she was
ut to remove the family celebrity.
Years later, they're still angry and continue to keep his photograph on the piano.

But though a woman may lose friends and even family when she divorces her famous husband, she does attract a whole new group: the husbands of friends. When we first parted in 1969, the husband of a close friend said to me, "Ann, I know a woman who within six months of her separation received all kinds of dandy sex offers. When that happens, you have an offer from me."

Indeed, it *is* comedy time when so many dear male friends want to "help you out" in your time of need.

One man called me when his wife was away to extol the wonders of his whirlpool bath. Some men, when their wives were at the beach, called to say how lonely they were. Since a couple of these were old friends, I readily accepted their invitations—only to be confronted with an embarrassing lunge or proposition.

I also discovered that some people consider me a celebrity just because I was married to one. "Pssst, that's David Brinkley's ex-wife," I hear. I became a curiosity, and though it's often funny, it doesn't get you an instant airplane reservation or the best suite at the Plaza. One person even asked for my autograph. I almost signed it, "Best wishes, Ann Brinkley, David's ex-wife."

Another time, I consented to see a magazine reporter. He was after something sordid. He hinted that there must be all kinds of juicy things I could say because he had heard that NBC had extracted from me, as part of my divorce settlement, the promise I would do no talking about David and our personal life. I laughed at him. It would never occur to the corporate heads of NBC to extract such a pledge, and it would never occur to me to agree to such nonsense. That story never appeared.

It's been about eight years since we parted, and despite the long period of adjustment, mine is a happy life—and my friends are very dear to me. There are so many things I've done, some as glamorous as ones in my prior life and most things far more interesting than competing in the Washington power stakes.

But the connection never ends. Just recently I answered my phone and heard a friend's voice say, "Hi, Susan."

My friend had looked in her address book and called the wrong Mrs. Brinkley. I said, "Wrong wife." **End**



"DO YOU WORK—OR ARE YOU JUSTA HOUSEWIFE?"



BY ERMA BOMBECK

e of America's best-known and best-loved humorists—a woman who has been "justa usewife" herself—makes a plea to save this endangered species.

For the last 13 years, I've died the housewife—rrored her frustrations, her n, her loneliness and her ghter. Mostly, I've ed her life.

I believe that if things are r to improve the housewife's , change must come rough legislation. At the moment, I'm mothering a bill that would either raise the driving age of a child to 35, or lower the age of menopause to 12. I'm also pushing for legislation that would allow you to abandon a child in a restroom after he has kicked the back on your seat for 300 miles without stopping.

When I first started to write about the homemaker, she was a stereotype in every sense of the word. She had no name; at her own suggestion she was called Justa Housewife. Everyone accepted that: "Do you work—or are you Justa Housewife?"

Justa was the proverbial bad

driver; she was flat-chested and she never got Bill Holden in the end. She ironed towels, and in television commercials she discussed her irregularity with her next door neighbor. Her children came back from school each afternoon, looked her squarely in the face and asked, "Is there anyone home?" If she was aware of the irony, she never mentioned it.

That's the climate in which I spent the first ten years of my married life. I remember getting up one morning, walking into the kitchen where one kid was going through the dirty clothes looking for something to wear and another needed a costume for a school play (he was a participle), the bank was calling to say my check to the paper boy had bounced, the dog had catsup on his paws and my husband refused to carry his lunch in a box with the seven dwarfs on it. I turned to my daughter and said, "Someday, dear, all this will be yours."

Then, in the early '60s, the domestic community began to get restless, and overnight, it seemed, everyone became an authority on what the housewife wanted and needed. Everyone, that is, except the housewife. They never asked her. So she became involved in a psychological tug-of-war, and nothing she did was right.

If she complained, she was neurotic; if she didn't, she was stupid. If she stayed home with her children, she was boring and smothering; if she went out to work, she was selfish and her children would interpret her in art class using only black crayons. When she discussed her future, her husband became depressed; when she discussed her past, she became depressed.

The Women's Liberation Movement had come on the scene, and whether women bought it or banished the name from their vocabulary, there is no doubt in my mind that every woman in this country has been touched by it in one way or another. To some women, it was what they had been waiting for: a ticket out of the kitchen.

(Women had always felt comfortable about leaving the house to do volunteer work. The volunteer . . . every organization in the country benefitted from her. Somewhere, there was an unwritten law that you could leave your kids in the sandbox and your dishes in the sink, just as long as you weren't getting paid. You cannot imagine how ridiculous I felt the day I realized that I had a woman babysitting my children while I did volunteer work in the nursery where she had dropped *her* kids off in the morning.)

"My neighborhood women had gone, leaving notes to the milkman, dry cleaning by the door...."

The image of the homemaker began to change on TV; she went from being a woman who used to turn on when she smelled her laundry to a woman who discussed her feminine hygiene openly. And she was assaulted on all sides by books on self-improvement. Women who once thought that Masters and Johnson were a golf tournament were now being saturated with books on how to open your marriage at both ends. And who can overlook the impact the Pill had when it replaced garlic as a means of birth control?

Then, one day I looked out of my picture window and realized that all the women in my neighborhood had gone, leaving behind notes to the milkman, dry cleaning inside the door and keys under the doormat. Justa Housewife didn't live here any more.

But she still exists. There are a lot of women who are not ready to change. They probably wonder what price they would have to pay for exploring.

Will they gain a career, but lose a husband?

Will they win a paycheck, but lose control at home?

Will they feel fulfilled in the daytime, but exhausted and resentful at night?

Will they feel too inadequate to run General Motors, but too educated to ever again sort socks?

All of us work in our way to focus attention on problems. I work through my writing. Maybe one day soon I can sit down at my typewriter and do a story on a woman who announces excitedly, "Hey, I just got a new job."

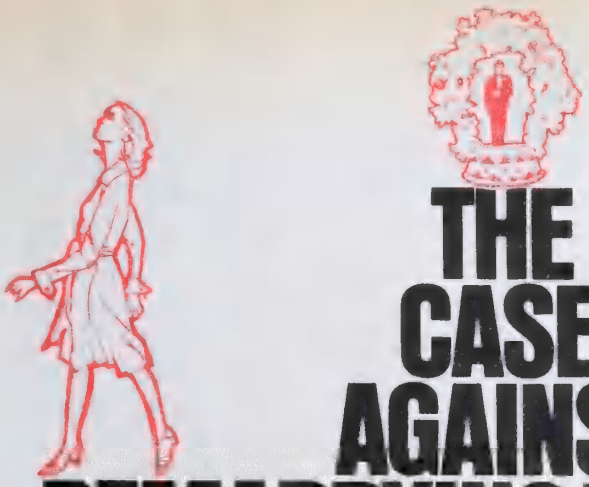
"What is it?"

"Housewife and mother."

"You lucky stiff, how did you get it? Did you know someone? Take the right courses? Or just happen to be there at the right time?"

She will smile and say, "I qualified." And that's all any of us wants. **End**

"Justa Housewife" is based on a speech delivered by Erma Bombeck at the "Homemaker: Career in Transition" seminar sponsored by Ladies' Home Journal and Kentucky Fried Chicken.



THE CASE AGAINST REMARRYING TOO SOON

BY LYNN CAINE

Life alone can be good—even if you're a woman and even if you're scared. In this excerpt from her new book, "Lifelines," the wise and worldly author of that best seller, "Widow," offers some reassuring, practical advice.

Right after my husband Martin's
th, there was great pressure on me to
marry ". . . for the children's sake,
le you still have your looks, because
need someone to take care of you.
" But though I confidently expected
marry again, I thought it was too
n. And five years later, I know I was
ht. I have met scores of women who
ckly remarried after being widowed
divorced—and who discovered within
ks, sometimes within days, that they
made a mistake. They didn't realize
t a woman alone can be happy, ac-
involved—that, sure, she can meet
n and date men, but that she doesn't
e to "postpone" her life waiting for
r. Right."

usan, a woman I met in Toronto, had
arried less than a year after her hus-
d died. She met her new husband at
ingles club. A widower with grown
ldren, he drove a truck on a trans-
tinental route, and when he returned
m a week-long journey, nobody was
re, he said, "to give a damn if I had
ard trip."

I knew just what he was talking
ut," she told me. "Coming home from
rk to an empty house. Eating supper
ne. It was depressing."

They got married two months after
ir first meeting. And soon she learned
t he was a heavy drinker who got
ty when he was drunk, and that his
and daughter who had moved in
h them were making her feel like an
sider in her own home. "Every night
en I get home from work, I have to
k supper and clean up after his kids
ho don't lift a finger," she said. "And he frightens me. I'm more lonely and upset when he's home than when he's on the road."

Later, I heard that she had started divorce proceedings and that he was trying to get a share of the modest estate her first husband had left.

Another woman, a 26-year-old named Jill, from Orlando, Fla., remarried very shortly after her husband died—and she, too, was considering divorce. "I just made up my mind after Howard died that I was going to marry the first guy who came along who could give me the nice life I was used to," she said. "So I married Ted, one of my first husband's friends. He'd play with my four-year-old son and take my car to the garage—that kind of thing. But marrying him was a big mistake. We fight a lot. It's not like it was with Howard." Later, she wrote that things had gotten better between her and Ted, but that it "still wasn't like before."

It is a tribute to a first marriage that a widow wants to remarry as soon as possible. But it is seldom wise. For one reason, second marriages are far more complicated than first marriages. One brings more emotional baggage, more life experience, more habits and attitudes—both good and bad—into the new marriage. And it is not just the two of you, love-dazzled and carefree. Often there are your children, his children, your family, his family, your in-laws, his in-laws. And if you are divorced, there are your former mates. All these people play a part in your new union—because they are a part of your life. And that means that there are a staggering number of adjustments to be made the second time around.

But there is another reason—a more important reason—not to rush into a second marriage. It is that a woman needs time, as the psychologists put it, to work through her grief (and that is an apt phrase because it is indeed work). She needs at least the traditional year of mourning to adjust to life alone. Neither Jill nor Susan allowed themselves enough time alone to realize that life without a husband could be good.

Many women remarry right away because they feel that without a man, they can't be happy, they can't make it alone, they can't be secure. And it's easy to see why they feel that way. Too many women are taught, from the time they are children, that the best thing you can do is catch yourself a husband.

I can still hear my daddy saying to me before a high school date, "Now, Lynn, you're very pretty. But remember, don't talk too much. And don't act too smart. Ask him about himself and his work. And you'll do just fine."

My daddy's voice was in my ear a couple of years ago when an attractive, pleasant lawyer took me out to dinner. We went to a lovely country restaurant and I complimented him on his taste. I followed his lead and drank white wine instead of the cocktails I would have preferred. I asked him about his work and told him what a fascinating life he had. I did just what Daddy told me to do, and it was working.

But there was something else going on in my head. There was another voice. It was mine. And it was saying, "I don't give a damn about your work. Mine is a lot more interesting."

I excused myself and went to the ladies' room. I was suddenly angry. I said

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n Caine, published by Doubleday & Company, Inc.

to myself, "You're bored. You're not having a good time. What are you doing here?"

I got through the evening somehow, and the minute I got home I changed into jeans, put on some records and sat down on the sofa with some work. It was a good evening—I was sorry only that I had wasted the first part of it.

Daddy's advice no longer applied—if it ever did. I do want a man in my life, but a man who is interested in me as a person. I want a relationship of equals.

Shortly before meeting the lawyer, I met a very amusing man at a friend's house. He called me at my office the next day and asked me to have dinner with him.

"I'd like that," I said. "But I have to work late tonight. How about next week?"

"Why are you making me wait so long to see you," he said. "I want to see you now. Take a night off." He was very forceful. And since I had grown up in the days when a woman never put her job ahead of a man, I said weakly and almost guiltily, "Well, all right."

After he hung up, I began thinking, why had I let this man bully me into saying yes. I really had a lot of work.

I called him back and left a message with his secretary that I would not be able to keep our appointment. I never heard from him again. This was an eye-opener. I would never have done anything like that a few years ago. I would have dropped everything—and did—to keep a date. But I no longer liked thinking of myself as needy. Men don't, so why should women? Women have to decide on their priorities, and stick to them.

If a woman values herself, likes other people and has worked to make her life full, she will meet men, and the meetings will come about naturally. She will not have to go to singles bars or join computer dating services or answer newspaper ads from "Lonely Widower." Men are in your office or in the office next door. Men are involved in church activities, politics, community affairs and charities. Friends and neighbors have single brothers, cousins and friends.

There is no guaranteed way to meet the "right" man. But unless you reach out, you will never meet anyone. And reaching out can be its own reward. One woman shrewdly figured that men are interested in money. She spent her lunch hours in a brokerage office, watching the latest stock market reports. She got interested, and took a six-hour course for beginning investors. She never met a man she liked at the course or during those lunch hours, but she made several thousand dollars on her investments.

When she asked me where the men are, I laughed. "They are all around you," I said. "It's just that basically you're more interested in following your stocks than having a man follow you."

She thought, and then she nodded: "I suppose so. What I want is a man who thinks the stock market is more fun than the horses."

"In that case," I told her, "just proceed on your course. You'll run into him." And I think she will.

Many women who complain that they never meet any men don't really want to. I have watched these women at gatherings where there are men. Almost invariably, they start talking to other women, and they tend to spend the whole evening with them, often turning their backs to the crowd. This is the equivalent of building a barbed-wire fence.

These women should know "the theory of the second look." According to one psychologist, it works like this: A woman walks into a party. Some of the men look at her. She observes them, but there is one man she would like to know better. She gives him a second look. And that's all there is to it. She may then say hello to her friends, or pick up a drink, but according to the theory, the man who caught her fancy will lose no time in introducing himself. I can't promise that the theory will always work. But, I do know that men seem to respond to women who seem interested in them.

"There is one rule.... Never postpone your life for a man."

Some women tend to disregard eligible men because they consider them socially or intellectually inferior. Because of this, we overlook some very good men. It is unfortunate that our society tends to rate people by what they do rather than by what they are. The woman who was married to a doctor may be embarrassed if her friends learn that she is dating a plumber. The former wife of a corporate executive may feel that a carpenter or post office clerk or hardware store salesman is "beneath" her. But these men can be good companions and thoughtful, loving husbands.

Another question women ask me, almost as often as they ask me how to meet men, is how to talk to them. "I could talk to my husband," said one woman, "because there was always something to say: What time would he be home; what he wanted for supper; would he put the screens up on Saturday? But how do I talk to a man I don't know? I can't ask him if he's put his screens up yet, can I? I've completely forgotten how I used to flirt."

"Talk to him about something you're interested in," I suggested. "He will be very relieved that you've taken the initiative and that he doesn't have to think of a subject."

Don't build barriers in your mind. It's very easy to talk to men. Flirting is just like riding a bicycle. If you do it once you can do it again.

But though flirting may be the same the rules of the dating and mating ritual have changed. One woman in her early forties, a divorcée who remarried six years after her marriage ended, described her reaction to the "new" rules: "I'm not prudish," she said, "but my ex-husband was the only man I had ever gone to bed with. I thought you never made love with anyone you didn't love.

"But when I was divorced, I discovered that almost every man I met expected sex at the end of the evening. I was shocked. Then it dawned on me that sex was really not that big a deal. It was not like being eighteen all over again. I was a grown woman, presumably sophisticated. And I enjoyed lovemaking. More than that, I learned that it takes a lot of the tension out of a relationship if you do make love with him. He's not sitting there with sex on his mind. And you're not sitting there worrying about how to avoid his passes.

"But when I met the man I am married to now, I stopped sleeping around. I was not the least bit interested in anyone else. I was back to thinking you had to love someone to make love to him. And it was such a relief."

Now that the "old" rules no longer apply, women have to follow their instincts and do what's comfortable for them. If a woman wants to spend the night with a man she's just met, fine. But if she doesn't, she shouldn't; the experience ultimately will be unsatisfactory for her and her partner.

Also, a woman should keep in mind that a man may be as confused by the new rules as she is. He may feel pressured to make a sexual advance—perhaps because he feels she'd be insulted if he didn't—and may be quite relieved when a woman says no.

But though a divorcée or widow can make and break her own dating and mating rules, there is one rule she should always follow: Never postpone your life for a man.

When I was dating a series of rather dreary men after my husband died, I used to tell myself, "I'm just treading water. I'm biding my time until he comes along." But I don't think that way any longer. And I wish no woman would think that way. I have seen too many women living in a state of suspended animation waiting for Prince Charming. Life is too precious to waste. The right men are busy, involved, active. And that is what women should be—for our own sake, for our own happiness. **End**

America's #1 Burger. Now even better.



New, improved Ken-L Ration® Burger. Meatier. And tastier.

ROMANTIC DINNERS

continued from page 120

pared in advance to this point. Let cool up to 2 hours.) About 40 minutes before serving, pre-heat oven to 350°F. Beat egg whites until foamy. Gradually add 1½ tablespoons sugar; beating until stiff peaks form. Fold into chocolate. Pour into prepared dish. Make a deep cut all around soufflé an inch from edge to form "top hat." Bake 30 to 35 minutes (center of soufflé should jiggle slightly). Do not open oven door during baking. Carefully remove collar; sprinkle with sugar. Serve *immediately*. Makes 2 servings. About 350 calories each.

MENU #2

QUICHE LORRAINE
POACHED SALMON STEAK WITH GREEN SAUCE
PARSLIED POTATOES
GREEN BEANS AMANDINE
VELVET LEMON CREAM
WHITE WINE COFFEE OR TEA

FOOD CHECKLIST

- 2 (8 oz. each) fresh salmon steaks, 1 inch thick
- Sliced almonds
- 1 pint heavy cream
- ½ pint (8 oz.) sour cream
- 2 ounces Swiss cheese
- 3 slices bacon
- 1 pound new potatoes
- 1 bunch parsley
- ½ pound green beans
- 3 lemons
- 2 carrots
- 1 bunch green onions
- 1 bunch fresh dill (or dried dill weed)
- 1 frozen 8-inch pastry crust
- 1 bottle white wine

Staples to have on hand

- Cornstarch
- Sugar
- 1 small onion
- Nutmeg
- 2 eggs
- Peppercorns
- Bay leaf
- Fresh or dried chives
- Fresh or dried parsley
- White vinegar
- ½ pound butter or margarine
- Mayonnaise
- Salt
- Coffee or tea

SCHEDULE

Day Before:

1. Purchase all ingredients except sal on steaks.
2. Prepare Green Sauce and Co Bouillon; carefully cover both and th refrigerate.
3. Make lemon cream and refrigerat
4. Prepare and bake quiche; cool a refrigerate.
5. Chop parsley for potatoes; cover a refrigerate.
6. Chill white wine.

Morning of Dinner:

1. Purchase salmon steaks.
2. Peel potatoes; cover with water.
3. Trim green beans if using fresh; aside.
4. Set table.

One Hour Before Dinner:

1. Spoon lemon cream into glass garnish and refrigerate.
2. Take Green Sauce from refrigera

30 Minutes Before Dinner:

1. Preheat oven to 350°F. Reh quiche for 15 minutes.
2. Heat Court Bouillon to boiling; p over salmon. Bake salmon along w quiche.
3. Cook potatoes.

Just Before Serving:

1. Melt butter for vegetables.
2. Cook green beans.
3. Prepare coffee for brewing.

At Serving Time:

1. Serve quiche with wine.
2. Serve salmon and green sauce, gr beans, potatoes and more wine.
3. Serve lemon cream.
4. Serve coffee or tea if desired.

QUICHE LORRAINE

A traditional and always appreciat first course.

1 frozen 8-inch unbaked pastry shell, thawed
3 slices bacon, cut in 1-inch pieces
1 egg
¼ teaspoon salt
⅛ teaspoon nutmeg
Pinch white pepper
1 teaspoon chopped chives
¾ cup heavy or whipping cream
½ cup shredded Swiss cheese (2 oz.)

Place pastry into 6½-inch quiche p Pat onto bottom and sides of pan. T pastry to ½-inch above rim of pan. F edge down forming a high rim. Pl pan on cookie sheet. Bake at 350°F. 15 minutes; remove from oven.

Meanwhile, in small skillet, cook ba until crisp; drain on paper towels. small bowl lightly beat egg with spi In small saucepan heat cream until sm bubbles form around the *(continu*

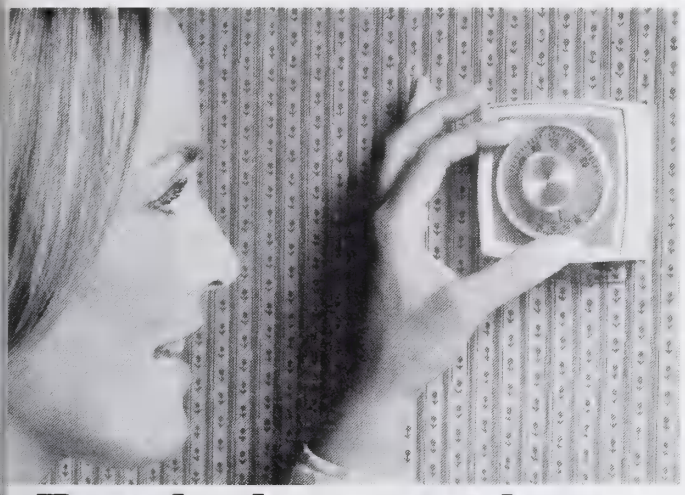


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How to save gas when the heat's on.

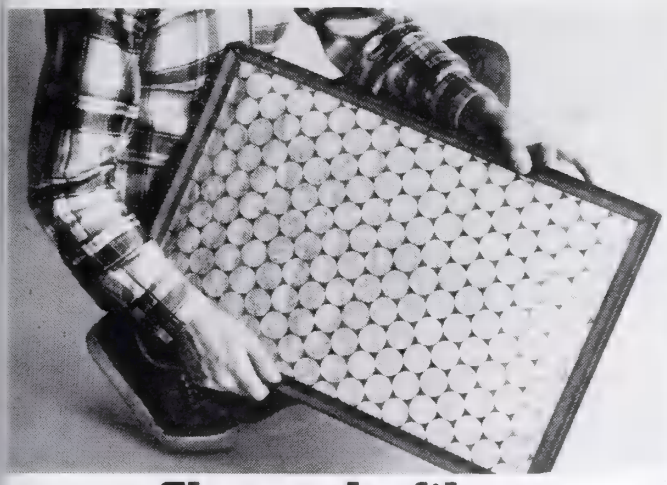
Of all the major energies, natural gas is the most efficient. That comes right from the U.S. Council on Environmental Quality.

If you use gas to heat your home, you can save even more energy by using it in the most efficient way. Just follow these conservation tips.



Turn the thermostat down.

This is the simplest and most effective step you can take. If every one of us with gas heat turns down the thermostat, the energy savings will really mount up.



Change the filter.

If you have a hot air system, check the filter and change it whenever it's clogged. This helps your gas heating system work at top efficiency. Also have the system checked each year, preferably ahead of the heating season.



Insulate the attic.

Adequate insulation in your attic floor will keep you from losing heat through the roof. It can give you gas savings of up to 30%, depending on where you live. If you haven't done this ahead of the heating season, do it now. (It will also keep your house cooler in summer.)



Make things weatherproof.

Use weatherstripping and caulking wherever it's needed. Use storm doors and storm windows on your home—they're gas-savers, too. All these gas-saving tips will help you use our country's most efficient fuel even more efficiently.

Conserve gas. American Gas Association

ROMANTIC DINNERS

continued

edge. Gradually pour into egg mixture, stirring with wire whisk. Sprinkle bottom of baked pie shell with bacon and cheese. Fill crust with egg mixture. Bake at 350°F. for 20 minutes or until knife inserted into center comes out clean. Remove from quiche pan, if desired. *(Can be prepared in advance to this point. Cool; cover, refrigerate up to 24 hours. Reheat in 350°F. oven for 10 to 15 minutes or until heated through.)* Makes 2 servings. About 415 calories each.

POACHED SALMON STEAK WITH GREEN SAUCE

If you can track down fresh salmon, pounce on this dish—it's divine.

Court Bouillon
- 1 lemon, halved
- 1 quart water
- 2 small carrots, thinly sliced
- 1 small onion, sliced
- 1 bay leaf
- 4 peppercorns
- 2 teaspoons salt

2 salmon steaks (8 oz. each), 1-inch thick

Green Sauce
- ¼ cup sour cream
- 1½ tablespoons mayonnaise
- ¼ teaspoon salt
- ½ teaspoon white vinegar
- 1 green onion, chopped
- 5 tablespoons chopped fresh dill (or 2 teaspoons dried dill weed)

Parsley and lemon, for garnish

Court Bouillon: In medium saucepan squeeze juice from ½ lemon; slice the other half. Add water, lemon slices and next 5 ingredients to juice. Heat to boiling; cook 10 minutes. *(May be prepared in advance to this point. Cover and refrigerate up to 24 hours. Reheat in a saucepan until hot.)*

Preheat oven to 350°F. Place salmon in 8-inch square glass pan. Pour hot Court Bouillon over salmon; cover with waxed paper. Bake 20 to 25 minutes or until fish flakes easily when tested with a fork. Remove salmon with slotted pancake turner to serving platter. Serve with Green Sauce. Makes 2 servings. About 375 calories each with sauce. Garnish with lemon and parsley, if desired.

Green Sauce: Place all ingredients for sauce in blender container. Cover and blend at high speed until well mixed, stopping blender occasionally and scraping down sides. *(Can be prepared in advance to this point. Cover and refrigerate up to 24 hours.)* Refrigerate until serving time.

VELVET LEMON CREAM

A smooth ending to a lovely dinner.

- 6 tablespoons sugar
- 1 tablespoon cornstarch
- Pinch salt
- ½ cup water
- 2 tablespoons fresh lemon juice
- 1 egg, slightly beaten
- ½ teaspoon grated lemon peel
- ½ cup heavy cream, whipped
- 2 lemon slices, for garnish

In small saucepan combine sugar, c starch and salt. Gradually stir in w Cook over medium heat, stirring stantly until thickened. Gradually st lemon juice and cook until bubbly. move from heat.

In small bowl, lightly beat egg. a small amount of cornstarch mi into egg, stirring constantly. Pour into remaining cornstarch mixture, ring constantly to prevent lumping. turn to heat. Cook 1 to 2 minutes. S lemon peel. Place waxed paper dir on surface; refrigerate until well chi Fold in whipped cream. *(Can be pared in advance to this point. C and refrigerate up to 24 hours.)*

To serve, spoon into indivi glasses. Garnish each with a lemon s Makes 2 servings. About 415 cal each.

MENU #3

FRENCH ONION SOUP AU GRATIN
RACK OF BABY LAMB
BROILED TOMATO HALVES
MINTED CHILLED PEAS
ICE CREAM WITH STRAWBERRIES AND ORANGE LIQUEUR
RED WINE COFFEE OR TEA

(contin



Introducing new Reese's Peanut Butter Chips

Put a great new taste in your chocolate cookies!

Now you can put two great tastes—peanut butter and chocolate—into one great cookie. Just follow our easy recipe for a delicious chocolatey cookie chockful of peanut butter chips. Buy Reese's® Peanut Butter Chips in the baking section of your store, and try our recipe.



Reese's Peanut Butter Chip Chocolate Cookies

- 1 cup butter/margarine
- 1½ cups sugar
- 2 eggs
- 2 teaspoons vanilla
- 2 cups unsifted all-purpose flour
- ⅔ cup Hershey's Cocoa
- ¾ teaspoon baking soda
- ½ teaspoon salt
- 2 cups (12 oz. package) Reese's® Peanut Butter Chips

Cream butter or margarine, sugar, eggs and vanilla until light and fluffy. Combine flour, cocoa, baking soda and salt; add to creamed mixture. Stir in peanut butter chips. Chill until firm enough to handle.

Shape small amounts of dough into 1-inch balls. Place on ungreased baking sheet and flatten slightly with fork. Bake at 350°, 8-10 minutes. Cool 1 minute before removing from cookie sheet onto wire rack. Makes about 6 dozen 2½-inch cookies.

More new recipes on the package.

Journal Shopping Center

FASHION AND PATTERN INFORMATION

"The Shape of Your Wardrobe Now"

PAGE 110: THE BIG COAT
Pattern: Butterick 5658 requires 4 yds. 54" fabric.
Fabric: Fleecy wool by Einiger.
Accessories: Saddle bag by Coach.

PAGE 111: BLAZER AND SKIRT
Pattern: McCall's 5866; blouse pattern. McCall's 4617; blazer requires $2^1/_8$ yds., skirt, $1^7/_8$ yds., blouse, $1^3/_8$ yds., all 45" fabric.
Fabric: Einiger woven wool; Dan River cotton shirting.
Accessories: Leather belt by Elegant; Echo paisley scarf; Bulova Caravelle watch.

WONDERFUL PRINT
Pattern: Vogue 1805 two-piece dress, requires $5^1/_2$ yds. 45" fabric.
Fabric: Stafford rayon challis.
Accessories: KJL earrings.

BASIC DRESS
Pattern: Simplicity 8386 smock dress, needs $3^1/_2$ yds. 60" fabric. Shawl is a fringed 54" square of woven wool fabric.
Fabric: Dress, Jasco wool jersey; shawl: Einiger.
Accessories: Catherine Stein bracelets.

PAGE 112: EASY SWEATER, PANTS
Pattern: McCall's 5911 cowl overblouse, needs $1^7/_8$ yds. 60" knit fabric. McCall's 5731 tailored pants require $2^1/_2$ yds. 60" fabric. (We eliminated side tabs and pocket opening and added back zipper.)
Fabric: Blouse: Sweater knit by Held; pants: lightweight gabardine by Einiger.
Accessories: KJL earrings; Catherine Stein bracelets.

EVENING SHIRT, PANTS
Pattern: Vogue 9954 cossack blouse, needs $2^3/_4$ yds. Vogue 9527 full-legged pants, require $1^5/_8$ yds.; both 60" fabric.
Fabric: Blouse: Silk crepe de chine by Horikoshi; pants: Hi Fashion polyester knit.
Accessories: KJL jewelry.

PAGE 113: ON-THE-TOWN GOWN
Pattern: McCall's 5603 evening gown, requires 4 yds. 60" knit fabric.
Fabric: Rosewood Qiana® matte jersey.
Accessories: KJL earrings; Catherine Stein bracelets.

DRESS SHIRT, SKIRT
Pattern: Vogue 9850 blouse; Vogue 9887 skirt; blouse needs $2^1/_2$ yds. skirt, $2^1/_2$ yds. (we lengthened pattern to mid-calf), both 45" fabric.
Fabric: Logantex silk/nylon crepe de chine; Crompton velveteen.
Accessories: KJL jewelry; glitter belt by Elegant.

ALL YARDAGE APPROXIMATE. BASED ON SIZE 10.



ROMANTIC DINNERS

continued

FOOD CHECKLIST

- 2 (8 oz. each) racks of lamb (3 rib chops each)
- 2 medium tomatoes
- 1 cup frozen green peas
- 1 pint fresh strawberries
- ½ pound sweet onions
- 1 bunch green onions
- ½ pint (8 oz.) sour cream
- 4 slices Gruyère or Swiss cheese
- 2 slices French bread
- 1 bottle red wine
- Vanilla ice cream
- $1^3/_4$ cups beef broth
- Orange-flavored liqueur
- ⅓ cup white Chablis

Staples to have on hand

- Butter or margarine
- Salt, pepper
- 1 garlic clove
- Sugar
- Rosemary
- Dried mint
- Bread crumbs
- Coffee or tea

SCHEDULE

Day Before:

1. Purchase all ingredients.
2. Prepare soup; cover and refrigerate.
3. Prepare peas; cover and refrigerate.

Morning Of Dinner:

1. Slice strawberries and marinate in a couple of tablespoons orange-flavored liqueur.
2. Slice and toast bread for soup.

One Hour Before Dinner:

1. Season lamb according to recipe; place on broiler rack and set aside.
2. Heat soup, covered, on low heat.
3. Cut tomatoes in half; season with bread crumbs, salt, pepper, basil; dot with butter.
4. Set table.
5. Prepare coffee for brewing.

Just Before Serving:

1. Broil lamb.
2. Pour soup into flameproof bowls; top with toast, cheese. Place under broiler.
3. Place tomatoes under broiler; broil for 10 to 12 minutes.

Serving Schedule:

1. Serve soup as first course.
2. Serve lamb chops, tomatoes, gre peas and wine.
3. Serve strawberries.
4. Serve coffee or tea, if desired.

FRENCH ONION SOUP

A classic first course.

2 tablespoons butter or margarine
½ pound (2 cups) sweet onions, thinly sliced, about 1 onion
2 teaspoons flour
1¾ cups beef broth
⅓ cup white Chablis
¼ teaspoon salt
Pinch sugar
2 slices French bread, toasted
4 slices Gruyère or Swiss cheese

In medium saucepan melt butter or m garine. Add onions and sauté o medium-low heat for 25 to 30 minu stirring frequently until golden (do allow onions to brown). Add flour a cook 1 minute. Stir in next 4 ingredie Heat to boiling, cover and cook 5 m utes. *(Can be prepared in advance this point. Cover and refrigerate up 24 hours. Heat to boiling just bef serving.)*

Just before serving, preheat broi Pour soup into two ovenproof bo Top each with 1 slice toast and 2 sli cheese. Place 6 inches from broiler u cheese melts and browns slightly, ab 5 minutes. Serve at once. Makes 2 se ings. About 450 calories each.

BROILED RACK OF LAMB

Elegant in its simplicity.

2 racks lamb rib chops (3 rib chops eac
1 clove garlic, crushed
1 teaspoon salt
¾ teaspoon rosemary
⅛ teaspoon pepper

Preheat broiler. Rub garlic into cut s faces of lamb. In small bowl, mix s rosemary and pepper; press with back spoon to crush rosemary thorough Rub on all surfaces of lamb. Place side up on rack in broiling pan 6 inc from heat; broil 25 to 30 minutes medium rare, or 35 to 40 minutes well done. (If fat gets too brown, co with foil.) To test for doneness, cut i center of chop; meat should be sligh pink for medium rare. Makes 2 servin About 560 calories each.

MINTED CHILLED PEAS

Frozen peas are merely thawed here great summer standby as well.

¼ cup sour cream
¼ teaspoon salt
½ teaspoon dried mint, crushed
2 green onions, chopped (2 tablespoon
Dash pepper
Pinch sugar
1 cup frozen peas, thawed and drained

In small bowl mix first 6 ingredie fold in peas. Refrigerate until serv time. *(Can be prepared in advance this point. Cover and refrigerate up 24 hours.)* Makes 2 servings. About calories each. *(continu*

Ah-h bra lite. You owe it to your T-shirt.

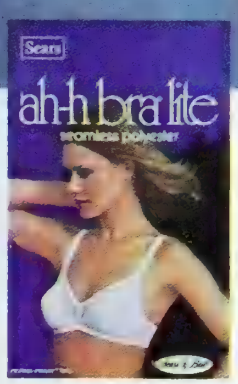
No buckle, no bump.
Straps adjust in back.

Around the cups, there's
less fabric, more you.

Ah-h! Pretty, elasticized mesh
adapts to every move.

Nothing to notice here.
Just two sheer layers of comfort.

Secret of support:
non-stretch polyester cups.



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Sears' *ah-h bra lite* bra, designed to give you a smooth, rounded, natural appearance, will hold its own shape as beautifully as it will hold yours: it's made of Dupont Lycra spandex and machine-washable Perma-Prest fabric. *ah-h bra lite* is available in natural, contour, and underwire cups, and only at Sears. Slip into one. Your T-shirt will hug you for it.

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CABBAGE

continued from page 117

POLISH RED BARON
pictured on page 117

A hearty dish for wurst and red cabbage fans. Don't forget the dark bread and beer.

¼ cup butter or margarine
2 medium onions, chopped
2 quarts (2 lb.) red cabbage, quartered, cored and shredded
4 cups tart apples, cored, peeled and diced
¼ cup red wine vinegar
¼ cup water
1 tablespoon sugar
1 bay leaf
1½ teaspoons salt
¼ teaspoon pepper
¼ teaspoon allspice
⅓ cup red currant jelly
1½ pounds fully-cooked Polish sausage (Kielbasa), cut into 1-inch pieces

In Dutch oven or large skillet, melt butter or margarine. Add onions and sauté until tender. Add cabbage, apples and next 7 ingredients. Cover and cook over medium-low heat 1 hour, stirring occasionally.

Stir in jelly and cook 15 minutes. *(Can be prepared ahead to this point. Cover and refrigerate up to 24 hours. Warm over medium heat until hot, stirring occasionally.)* Add sausage and cook until heated through, about 20 minutes. Remove bay leaf. Makes 6 to 8 servings. About 595 calories for each of 6 servings; about 445 for each of 8.

MOLDED STUFFED CABBAGE
pictured on page 117

Okay, we admit this is a production. But a more spectacular stuffed cabbage we've not seen—and it's as good as it looks.

1 large head cabbage, cored

Sauce
2 cans (15 oz. each) tomato sauce
½ cup dry red wine
½ cup bottled chili sauce
½ cup water
¼ cup brown sugar
2 teaspoons salt
¼ teaspoon pepper
2 onions, chopped
½ cup gingersnap crumbs, ground in blender (about 12 cookies)

Filling
2 pounds ground beef
1 cup cooked rice
1 large onion, finely chopped
1 cup bottled chili sauce
2 eggs, lightly beaten
¼ cup gingersnap crumbs, ground in blender (about 6 cookies)
2 teaspoons salt
½ teaspoon garlic powder
¼ teaspoon pepper

To prepare cabbage: Core cabbage and, if time permits, place in freezer overnight. Half hour before using, place frozen cabbage in large bowl of hot water, cored side down. Leaves will peel off easily and can be used without blanching. (Or, heat a large saucepot of water to boiling. Add cabbage and simmer for 5 minutes or until leaves are pliable.) Remove 12 large outer leaves; set aside. Shred enough remaining cabbage to equal 3 cups; reserve for sauce. (Use remaining cabbage for cole slaw or vegetable.)

Sauce: In large saucepot combine tomato sauce, wine, chili sauce, water and brown sugar; stir until well mixed. Remove ½ cup of this mixture for Filling. Add remaining sauce ingredients and 3 cups shredded cabbage. Cover and cook mixture over medium-low heat 20 minutes. Remove an additional 1½ cups sauce; reserve. Continue cooking remaining sauce over low heat for 1 hour, stirring occasionally.

Filling: In large bowl, combine all filling ingredients including ½ cup of the reserved sauce. Arrange 4 to 6 cabbage leaves, overlapping, on bottom and ¾ up side of 3-quart ovenproof bowl. Spoon ¼ cup of the reserved sauce into cabbage. With large spoon press half the meat mixture against bottom and sides of bowl; cover with ¼ cup more sauce. Place 4 more large cabbage leaves over meat and press remaining meat in a layer over cabbage. Top with ¼ cup sauce. Place remaining large cabbage leaves over top of meat filling tucking ends down side of bowl. Spoon remaining ¼ cup sauce over cabbage. Cover bowl tightly with foil and place in a pan to catch drippings. Bake in a 400°F. oven for 30 minutes. Reduce oven temperature to 350°F. and continue baking 1½ hours more. Remove foil and let stand 20 minutes for easier handling. Discard liquid that accumulates. Place large serving plate on bowl; rapidly invert. Let stand 5 minutes with bowl in place. Discard any excess juices. Heat reserved sauce and serve over cabbage. Cut into wedges to serve. Makes 8 servings. About 555 calories each.



DOWN HOME CABBAGE
pictured on page 117

An all-time favorite in our food editor's family. If you prefer, the cabbage may be sliced and stirred into the sauce for serving.

6 slices bacon, cut in 1-inch pieces
1 medium onion, chopped
2 tablespoons flour
2 tablespoons sugar
1 cup water
¼ cup cider vinegar
⅛ teaspoon pepper
1 medium cabbage (about 2 lb.), cut into 6 wedges
2 teaspoons salt

In 10-inch skillet cook bacon until crisp. Remove bacon with slotted spoon and drain on paper towels. Discard all but 1 tablespoon drippings from *(continued)*

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Pet Journal

Roger Caras

You want a giant St. Bernard. Your husband wants a teeny terrier. What do you do? Here's some expert advice to help you decide.



The family contemplating the purchase or adoption of a new dog almost inevitably considers the question of size first. What are the facts?

What is the size range of today's dog breeds? A Chihuahua or Papillon may weigh between two or four pounds when full grown. A Mastiff or St. Bernard may weigh in excess of 220 pounds. We should really consider dogs in four sizes: the diminutive breeds (toys, for instance), the smaller breeds (most terriers, spaniels and Corgis), the larger breeds (retrievers, setters, most of the standard size working and sporting breeds) and the giants (St. Bernard, Newfoundland, Scottish Deerhound, Mastiff).

Do large dogs need more exercise than small dogs? This is a much-argued point. Very small dogs, such as Toy Poodles, Pomeranians and Yorkshire Terriers, get more than enough exercise just dashing around in the orbit of their busy little lives. Active larger breeds like the sporting dogs (retrievers, setters and pointers) need a great deal of exercise. But other breeds that are considered large like the Bulldog (most people call them English Bulldogs) and the Chow Chow, although better off if given some exercise, become rather sedentary as they mature. There is no hard rule that links size to amount of exercise required, but *all* dogs are healthier and better behaved if given exercise.

Is it true that larger dogs live shorter lives? That is generally true, yes. The Bloodhound and the Great Dane, for example, live for an average of nine to ten years, while the Boston Terrier and the Toy Poodle regularly reach 14 and 15.

Does disposition correlate to size in any way? No. There are questionable dogs of all sizes and absolute saints in every size category. Consider this: A short-tempered dog that weighs six or eight pounds can cause a nipped finger or a sore ankle. A short-tempered dog that weighs 220 pounds can mean a dead child. Choose from a reliable breeder and know the puppy's lineage before you have the dog join your family. If you're adopting a puppy from a humane shelter or pound, have a friend who knows dogs well go with you; he or she may be able to detect signs of disposition problems. If possible, get a puppy that is four to six months old so you have a pretty good inkling of what the future dog will be like.

Do big dogs cost more than smaller dogs? Examples of some of the very large breeds—Irish Wolfhound, Scottish Deerhound, Bloodhound—cost a great deal. But high-quality dogs of any breed are expensive.

Does it cost more to keep a big dog than a little dog? Large animals, of course, do eat more than smaller ones, but many small dogs may be fussy eaters and end up costing almost as much to feed. Large dogs should be fed dry kibble foods, which are the most economical of commercial dog foods. As for coat care, larger dogs may cost a bit more to groom. And, if you travel, boarding a big dog can be a few dollars more a day. Otherwise, there isn't much difference.

Which are better with children? Again it is a matter of breed. Large dogs have an uncanny way of understanding their own weight and strength, and any dog worth his salt won't go around knocking children over like bowling pins. Some very small dogs like to be the center of attention and thus may feel themselves in competition with children. Medium to large and even very large dogs are generally better with kids if—and that *if* is all important—the breed is wisely chosen. I would rather have a delivery boy entering a yard meet a Golden Retriever or a Newfoundland than a more temperamental Belgian Malinois or Komondor, for example. With kids, as a basic rule, avoid the very tiny dogs and then choose by breed and by known lines from respected breeders.

What, then, is the rule to follow when trying to decide between a small and a large dog? First, consider what will bring you and your family pleasure and pride. Then, decide how much room you have. A St. Bernard or a Great Dane will get underfoot in restricted quarters. Size is really a fairly minor consideration—unless you live in very crowded quarters or travel a great deal and like small cars. Then, too, if a young child or an elderly person is to walk the dog, you will obviously want one of the less rambunctious breeds. **End**

Photograph by Terence Cuff for Animals Animals



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CABBAGE

continued from page 160

skillet. Add onion and sauté until golden, stirring occasionally. Sprinkle in flour and sugar and stir until smooth. Stir in remaining ingredients except cabbage. Cook over medium heat, stirring constantly, until thickened. Return bacon to skillet. Keep warm.

Meanwhile, in large saucepot heat 1-inch of water and 2 teaspoons salt to boiling. Add cabbage and return to a boil; cover tightly and cook for 5 minutes. Drain well. Arrange cabbage on platter and immediately pour sauce over hot cabbage. Makes 6 servings. About 100 calories each.

PAPPY'S SNAPPY SLAW
pictured on page 117

Just the right amount of tang; crisp and zesty.

2 quarts (about 2 lb.) shredded cabbage
2 carrots, shredded
½ red onion, thinly sliced
½ cup green pepper, chopped
½ cup salad oil
¼ cup white vinegar
1 tablespoon sugar
2 teaspoons salt
1 teaspoon celery seed
¼ teaspoon pepper

In a large bowl, combine all ingredie toss well. Cover, refrigerate at l 3 hours. Stir well before serving. M 8 to 10 servings. About 155 cal for each of 8 servings; 125 for each o



Top left clockwise: Ukranian Cabbage Borscht, Cabbage Crepes and Chinese Cabbage with Beef.



Clockwise, Red and White Cabbage Slaw, Flounder with Cabbage, Alsatian-style and Oriental Cabbage Rolls.

UKRANIAN CABBAGE BORSCHT
pictured on this page

A delicious hearty soup that will qui become a family favorite. The cabb adds the crunch, the beets the col

3½ pounds beef short ribs
1 large beef soup bone
2½ quarts (10 cups) water
2 onions, diced
1 can (16 oz.) whole peeled tomatoes, undrained and cut-up.
3 carrots, sliced
1 rib celery, sliced
2 tablespoons salt
¾ teaspoon pepper
4 cups (about 4) beets, peeled and coarsely shredded
2 quarts (about 2 lbs.) shredded cabbage
1 tablespoon sugar
2 tablespoons lemon juice
1 cup sour cream
¼ cup chopped fresh dill or 1 tablespoon dried dill weed

In large saucepot combine short bone and water; heat to boiling. onions, tomatoes, carrots, celery, salt pepper. Cover and simmer 1 hour. slotted spoon, remove short ribs, lea bone in soup. When short ribs are enough to handle, cut meat from bo Trim off fat. Discard bones and Cut meat into bite-size pieces and re to pot. Add beets, cover and simm hour more. Discard bone. Chill sev hours until fat rises to top and hard Lift fat off and discard.

To serve, heat soup to boiling, stir occasionally. Add cabbage and cook minutes more or until cabbage is ten *(Can be made ahead to this point. C and refrigerate up to 2 days. Or freeze, spoon into freezer-proof cont ers. Freeze up to 3 months. Thaw room temperature, about 3 to 4 ho* Add sugar and lemon juice. Top s with dollop of sour cream and spri with dill. Makes about 18 cups. Al 220 calories per cup without sour cre

CHINESE CABBAGE WITH BEEF
pictured on this page

A quick stir-fry number that's delici ly low in calories.

½ pound beef flank steak
2½ tablespoons soy sauce
2½ tablespoons sherry
2 teaspoons cornstarch
½ cup beef broth
2 tablespoons salad oil
3 green onions, cut into ½-inch pieces
2 garlic cloves, minced
1½ pounds Chinese celery cabbage, c into 1-inch wide crosswise slices

(contin

Only Tampax tampons have an applicator that is flushable and biodegradable



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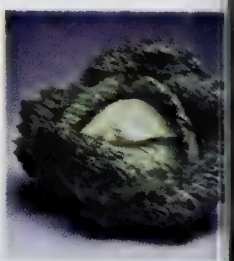
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CABBAGE

continued











Cabbages in varie from top: Crinkly voy, also shown on p 116; Brussels sprout cabbage cousin; commonest, green c bage; Chinese or cel cabbage, popular in C ental cooking and sala the glorious and slig ly tangy red cabba

For easier slicing, cut flank steak with the grain into 2-inch wide strips and place in freezer for ½ hour. Cut partially frozen beef into thin slices across the grain. Place in bowl with 1 tablespoon soy sauce, 1 tablespoon sherry and 1 teaspoon cornstarch. Toss; let marinate at least 1 hour.

In small bowl, combine ¼ cup beef broth and remaining soy sauce, sherry and cornstarch. In large, heavy skillet or wok, heat oil until very hot but not smoking. Add beef and cook, stirring constantly and quickly over high heat until brown, about 1 minute. Remove to bowl. Add onions and garlic to skillet and stir-fry for 30 seconds. Add cabbage and remaining ¼ cup beef broth. Stir to mix; cover and cook about 2 minutes or until cabbage is slightly limp. Return beef to skillet. Cook 1 minute, stirring constantly. Add cornstarch mixture and stir-fry until sauce is clear and thick. Serve immediately. Makes 4 servings. About 165 calories each.

CABBAGE CREPES
pictured on this page

Don't sneer. These cabbage crepes are GOOD.

Crepe Batter
- **2 eggs**
- **½ cup milk**
- **½ cup water**
- **2 tablespoons butter or margarine, melted**
- **1 cup unsifted all-purpose flour**
- **½ teaspoon salt**

Filling
- **3 tablespoons butter or margarine**
- **2 cups finely chopped onions**
- **1 quart (1 lb.) shredded cabbage**
- **1 teaspoon caraway seeds**
- **2 tablespoons flour**
- **¾ cup milk**
- **¾ teaspoon salt**
- **¼ teaspoon pepper**
- **¼ cup butter or margarine, melted**

For crepe batter: Place all ingredients for crepes in blender container. Cover and blend until well mixed and smooth, stopping blender occasionally and scraping sides. Let batter rest at room temperature 1 hour or refrigerate overnight before using.

To cook crepes: Stir batter before using. Wipe a 7-inch crepe pan or skillet with a small piece of butter or margarine o paper towel. Heat pan over medium high heat. Pour ab 2 tablespoons batter into pan, tilting until bottom is cove Cook until golden around the edges and dry in middle. T and cook briefly on other side. Cool on cake *(continu*

Jungle Moss

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CABBAGE

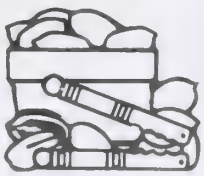
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rack before stacking. (Further greasing of pan should not be necessary.) Continue making crepes, stacking them after they cool. Set aside.

Filling: In large skillet, melt 1 tablespoon butter or margarine. Add onions and sauté until golden. Add cabbage and caraway seeds, cover and cook until tender, stirring occasionally, about 15 to 20 minutes. Add 2 tablespoons butter or margarine to skillet, stir until melted. Sprinkle with flour and stir to combine. Add milk, salt and pepper and cook, stirring constantly, until thickened. Cool slightly.

To assemble: Place a heaping tablespoon of filling on the bottom third of each crepe. Roll up and place in greased 13x9-inch baking dish. *(Can be prepared in advance to this point. Cover with foil and refrigerate up to 24 hours. Heat, covered, in a preheated 400°F. oven for 10 minutes.)*

Ten minutes before serving: Preheat oven to 400°F. Pour melted butter or margarine over crepes and bake 10 minutes or until they are completely heated through. Makes 12 crepes. About 170 calories each.



RED AND WHITE CABBAGE SLAW
pictured on page 164

A traditional boiled dressing is hyped with sour cream, for some very delightful results.

2 tablespoons flour
2 tablespoons sugar
1 tablespoon butter or margarine
2 teaspoons prepared brown mustard
1¼ teaspoons salt
⅛ teaspoon pepper
½ cup cold water
1 egg, beaten
3 tablespoons cider vinegar
½ cup sour cream
2 tablespoons chopped parsley
1 quart (1 lb.) shredded green cabbage
1 quart (1 lb.) shredded red cabbage

In small heavy saucepan combine flour, sugar, butter or margarine, salt, mustard, pepper and water. Cook, stirring constantly with wire whisk over medium heat until thickened. Remove from heat. Beat egg and vinegar just to blend. Gradually add egg to flour mixture, beating constantly. Return to heat and cook until heated through and thickened. Cover surface with waxed paper and chill. Fold sour cream into chilled mixture.

In a large bowl, combine parsley and cabbages. Pour dressing over cabbage and toss until well coated. Cover and refrigerate, at least 2 hours, stirring occasionally. Makes 8 to 10 servings. About 115 calories for each of 8 servings; 90 calories for each of 10.

ORIENTAL CABBAGE ROLLS
pictured on page 164

A refreshing make-ahead that fills in as appetizer or salad—take your choice.

8 quarts water
Salt
1 large head (2½ lb.) Chinese cabbage
3 tablespoons salad oil
1 green pepper, seeded, cut into thin strips
2 tablespoons sugar
3 tablespoons red wine vinegar
2 tablespoons soy sauce
⅛ to ¼ teaspoon crushed red pepper

In large saucepot heat water to boiling. Add 1 tablespoon salt. Separate about 20 large outer leaves from cabbage; drop them into boiling water. Cook for about 5 to 7 minutes or until barely tender. Drain leaves in colander and rinse under cold running water. Roll each leaf firmly, jelly-roll fashion, starting at the stem end. Place in a shallow dish or 8-inch square pan.

In medium skillet, heat oil over high heat. Add green pepper and sauté, stirring constantly, for 3 minutes. Remove skillet from heat. Stir in remaining ingredients and 1 teaspoon salt. Return to heat and cook 1 minute. Pour over cabbage rolls. Let stand at room temperature 1 hour. Cover and refrigerate at least 2 hours, basting occasionally. *(Can be prepared in advance to this point. Cover and refrigerate for up to 24 hours.)* Serve as appetizer, salad or side dish. Makes about 20 rolls. About 30 calories each.

FLOUNDER WITH CABBAGE, ALSATIAN-STYLE
pictured on page 164

A rich tasting dish that is deceptively low in calories.

1½ pounds fresh or frozen flounder fillets, thawed if frozen
1 onion, sliced
½ cup boiling water
1 tablespoon lemon juice
¼ teaspoon garlic powder
Salt
Pepper
2 tablespoons butter or margarine
2 quarts (about 2 lb.) shredded cabbage
¼ cup dry white wine
Sauce
3 tablespoons butter or margarine
3 tablespoons flour
1 teaspoon salt
⅛ teaspoon nutmeg
Pinch white pepper
1½ cups milk
¼ cup fish broth, reserved from poaching liquid
⅔ cup shredded Swiss cheese

Preheat oven to 350°F. In 13x9-inch baking dish, place fish and onion slices. Combine water, juice, garlic powder, ½ teaspoon salt and ¼ teaspoon pepp pour over fish. Top with waxed pa then with foil. Place in oven to poach 15 minutes or until fish flakes easily w tested with a fork.

Meanwhile, in large skillet mel tablespoons butter or margarine. A cabbage, wine, 2 teaspoons salt an teaspoon pepper. Cover and cook o medium heat, stirring occasionally u tender crisp, about 10 to 12 minu Place cabbage in 13x9-inch shal flameproof baking dish. Gently rem fish from liquid with slotted panc turner and place on cabbage; k warm. Discard all poaching liquid cept ¼ cup.

To prepare sauce: In small sauce melt butter or margarine. Stir in fl and seasonings until smooth. Add m and ¼ cup poaching liquid and co stirring constantly, until mixture th ens. Stir in ⅔ cup cheese. Remove fr heat, stir until smooth. Spoon sauce enly over fish. Sprinkle with remain cheese. Place dish in broiler until ligh browned, about 2 to 3 minutes. Se immediately. Makes 6 to 8 servi About 370 calories for each of 6 and calories for each of 8 servings.

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Jimmy Carter

continued from page 99

He also talks about the stress of the presidency on him and his family. "I've had the normal responsibilities of family life as well as those of leadership," he told me. "But I can say it has been a good year, a gratifying year.

"As a matter of fact, this experience has brought the family even closer together because we have a sense of mutual purpose and mutual responsibility."

He says that so far he subscribes to what President John F. Kennedy once observed about the presidency—that no matter what one thinks or expects before he moves into office, there is actually nothing that can prepare one for its difficulties and complexities.

During his campaign, Jimmy Carter promised an open presidency, and this has influenced the style of his administration. "I want the people to know that it is their government and that they have access to me and those who work for me. We have nothing to conceal.

"Sitting in this office is awesome," he says, "and I don't want to be overcome by it. I try to minimize the trappings so that people will be comfortable and not intimidated. I want frank assessments of what's going on around me, so that I'll be aware of the attitudes people have toward me and the administration."

To attain this openness, President Carter pays careful attention to his daily schedule. One factor that is disturbing is when adequate time isn't allocated for him to study, to think and to read.

"He likes a well-ordered, well-paced day that provides for preparation before each meeting," says Tim Kraft, the President's appointments secretary. "He gets more than a hundred and fifty pages of urgent reading material each day. If he is going to get through it—and he usually does—that means he must be organized."

One day, Kraft and his scheduling director, Fran Voorde, were called into the Oval Office. "The President pointed to that day's schedule—it had fourteen major appointments lined up one after the other," Kraft said. "He told us, 'I don't want to see another schedule like this if you want to continue in the scheduling office.' "

President the culprit

It turned out, however, the President himself was the culprit. "When I pointed out," Kraft said, "that three of those fourteen appointments he had added himself, he countered that we 'should schedule more flexibly, so I have time to see people at my own discretion.' "

Tim Kraft explains that if the President seems "impatient or sharp, it means he has been hard pressed on a given day. But when he gets upset, he just digs in and works harder. He doesn't give way to fits of frustration."

The President was on his way to his daughter Amy's birthday party when Tim Kraft told him that a Cabinet member needed three to five minutes on an urgent matter. "With a faint grin, the President said, 'Make sure we keep it at three to five minutes because I want to go to Amy's party.' " Then, "after seeing the Cabinet member," Kraft recalls, "he went to the party, involving himself wholeheartedly as the father of the birthday girl. Afterward he returned to work in the Oval Office. Knowing the President, I'm sure he called that Cabinet member to pick up where they left off earlier."

While some presidents have complained that family life underwent psychic trauma in the goldfish-bowl atmosphere of the White House, Jimmy Carter differs. "We like living here," he tells me. "It has not been a quote 'prison' unquote, and I don't consider life here a violation of our privacy."

He does, however, treasure his private life. It's the rare guest who is invited to the second floor living quarters, where the President loves to sit and chat with his family on the Truman balcony, opposite the Washington Monument. The Carters treat the Truman balcony like a front porch, often relaxing there with the Sunday newspapers before Sunday School and church. At such times the President usually wears blue jeans or slacks and a sweater.

He likes to keep Sundays for himself and the family, but sometimes public duties call. During the past year, he has given up some of his "family time" for official duties—greeting Secretary of State Cyrus Vance when he returned from Moscow, or meeting with Vice President Walter F. Mondale when he came home from Europe, or stopping off in Minneapolis to pick up Senator Hubert Humphrey on Air Force One.

Much as he enjoys the White House, President Carter also enjoys getting away from it. His favorite retreat is Camp David in the Catoctin Mountains of Maryland, where he swims and plays tennis. "I love being outdoors," he "and that is one of the truly gloriou serene places. When I'm there I w bicycle on the paths—and someti even spot a deer."

The Carters' eldest son, Jack, r that on their first visit to Camp D his dad "showed off the place as were his own new toy—that's how he loves it."

Rosalynn Carter gave her husb book on trees for his last birthday he had a contest to see who could tify the most of some 60 different sp that grow at Camp David. "I li watch Amy cavort about and c leaves," the President muses. "She has her own collection."

Like other presidents before him ing back to F.D.R.—who called the idential retreat "Shangri-La" J Carter finds Camp David an ideal away. He returns to the White H refreshed and eager to resume his t schedule.

Tim Kraft says that the staff se bothers the boss when he is at C David. "Once, however, I needed tion on an immediate matter, so I to the front porch where I foun President building some kind of ' yourself' playhouse with Amy. He completely absorbed, putting it tog from a set of diagrams.

"I teased him, saying, 'It'll neve He teased right back. 'Don't blam one on me,' he said, 'I'm working instructions.' "

How does the President react wh doesn't "fly," when someone goofs

Presidential Press Secretary Powell, who has made his share of takes, says that "If you've made a take or have done something wron gives you a chance to explain. H tens," Powell tells me, "and then you whether or not he accepts you planation. But he doesn't throw it you again and again. That's the e it. He assumes that if you made a take, you already feel badly abo and nothing he can say will make any more determined not to repe error." *(contin*



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Jimmy Carter

continued

Jody Powell gives as an example his own most striking error. He leaked a false report to a Chicago newspaper in which he said that Senator Charles Percy of Illinois had flown on private jets belonging to Bell & Howell, the firm Percy once headed.

"I told the President I had made a dumb mistake and the best thing to do was to apologize to Senator Percy. The President agreed, and we closed the issue. On the other hand, if I had taken a different attitude and defended an obvious wrongdoing, the President might well have acted differently. But he would never have been abusive or tried to make me feel worse than I already felt."

When Jimmy Carter really gets upset, he has been known to impale close aides with a cold stare. "Yes, I get the cold stare every now and then," Powell confesses. "It's his way of showing displeasure or anger. But he doesn't allow it to affect relationships. He keeps members of his staff on their toes by demanding a high level of preparation on questions. If you go in to see him to present a case and you're ill-prepared, you could wind up with egg on your face. But you'll have done that to yourself. The President just asks questions until he discovers if you know what you're talking about. If you don't, it could be a very embarrassing experience, but again, not because he is abusive or harsh. He never even raises his voice to me. . . ."

If the President insists that his staff be well-informed, he makes the same demands on himself. Reading is a dominant activity in Jimmy Carter's life. On a typical day, he will awaken at 5:30 A.M. and read for an hour—before, during and after breakfast. Upon returning to the living quarters for supper around seven, he spends an additional two or three hours reading and doing paperwork. "I know I have a lot to absorb," he says, "and I'm learning all the time."

Period of learning

He emphasizes that the first year in the White House has been a period of learning—not only of acquiring knowledge but of learning how to relate to Congress and the public. "I've learned when to compromise and when not to compromise with Congress while building a feeling of mutual respect," he said. "I also recognize that the constituents of congressmen are my constituents as well, and I have the same right and responsibility as do congressional members to reach the people for support."

The presidency has not been without its disappointments or surprises. "One of the surprises has been a lack of confidentiality around Washington on some matters that I think should not be made public," the President says. "I've been disconcerted at some of the C.I.A. revelations, for instance. I think they have damaged our ability to obtain intelligence information from other countries. It is difficult to achieve the fine balance that preserves confidentiality about intelligence sources and also upholds the principles of free speech and a free press."

Carter says that just as legislative reform takes time, so does a "change in the attitude" of some congressmen toward the White House. "I've tried to make some basic changes," he says. "I want them to know, for instance, that I'm accessible and that my Cabinet secretaries are encouraged to make their own department decisions. Congressmen need not come to the White House, to someone like a Haldeman or an Ehrlichman, to get every answer on domestic affairs. And Secretary of State Vance is making use of the Foreign Service to pursue international matters.

"After so much centralized power, it has been a slow process to convince Congress that we're back on the track, but I'm trying."

A year in the White House has convinced Jimmy Carter that he needs all the knowledge he can get. "I want the government to be more efficient and better organized," he explains. "At the same time, I want it to be closer to the people, more sensitive to their needs. I want to overcome the sense of alienation that too many Americans feel about their government and to rebuild their trust in their leaders. We've been through difficult times—both politically and economically—but I'm impressed with the strength of this country and I intend to make an impact for the good.

"Next year, I will focus more on long-range analyses of the issues facing us."

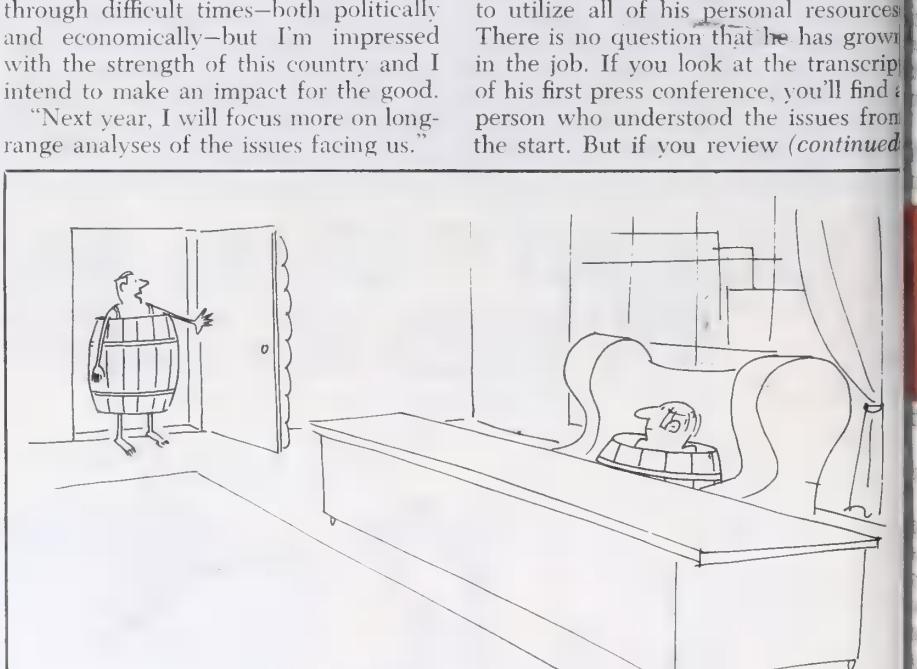
How do those closest to him view Jimmy Carter after a year in the White House?

Ambassador Robert Strauss, the President's Special Representative for Trade Negotiations, has watched several presidents settle into office. "Each matures and settles in a different way," he observes. "Jimmy Carter came to the presidency with not much national experience, but he has a tremendous capacity to learn rapidly. That's what will turn him into an outstanding president."

His wife maintains that the presidency hasn't changed her husband much. "But then I didn't expect that it would," Rosalynn says. "He is still the same strong, kind human being I fell in love with."

The Carters' youngest son, Jeff, who lives in the White House with his wife Annette, agrees. "I don't think the presidency has changed Dad as a father. And I'm glad because I like the way he is. His tennis game may be better now, and his hair is a bit grayer, but he is still Dad. He still finds time for Annette and me and is concerned with my schooling and other interests. He is so determined that I develop his reading habits, he shares his books with me. He even manages time for us to discuss them."

While Jimmy Carter remains a loving husband and father, he has—in the words of Vice President Mondale—"grown and developed remarkably" as Chief Executive since last January. "No one realizes the weight of the presidency until he is here," the Vice President explains. "From the first day Jimmy Carter walked into the Oval Office, he has had to learn to utilize all of his personal resources. There is no question that he has grown in the job. If you look at the transcript of his first press conference, you'll find a person who understood the issues from the start. But if you review *(continued*



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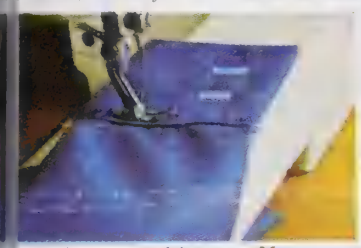
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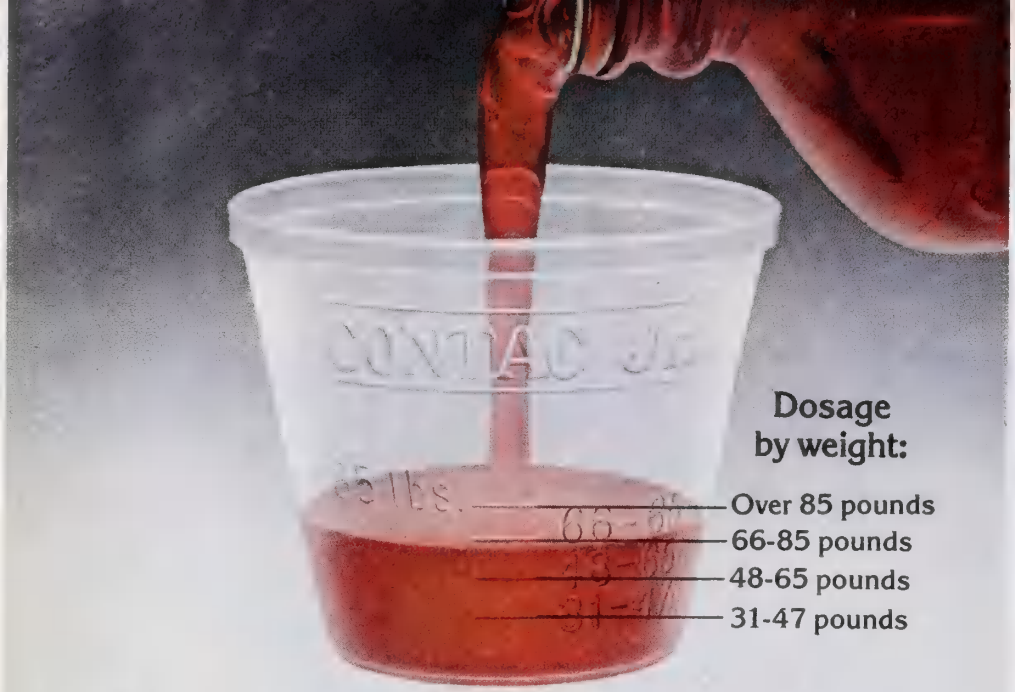
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MENLEY & JAMES

Jimmy Carter

continued

his latest press conference, you'll note depth and subtlety of understanding that only comes from enormous experience in domestic and international affairs at the highest level."

The President and Vice President lunch privately once a week, in addition to other daily personal meetings. "We review what we should be doing, the problems facing us and how we should handle them," he told me. "It's a free exchange on matters neither of us would put on paper.

"Sometimes we're both uptight because there is too much to do on that particular day or we're running behind schedule, or there are issues that are pressing hard. Other times our luncheon sessions are more relaxed, with time to include talk about our families, too.

"Our discussions range over almost every subject, and I'm very candid with him," the Vice President adds. "Moreover, I've met few people who accept criticism with as much grace as he does."

Walter Mondale says the President's happiest moments are when he is convinced they have accomplished something of significance. "Take, for instance, the night he delivered the message on energy. He knew it was a good statement, even if it would take tremendous effort to win over certain sectors. He knew it broke new ground an felt good about it.

"Another high point was the nigh started making progress on the S talks. He had been working on i months. I felt his sense of relief an complishment. And he had every to feel good."

"What concerns or frustrates the ident?" I asked Mondale.

"The President is most irritable v he doesn't have time to study a pro and has to deal with it before he is pletely ready," Mondale answers. " sometimes, issues just won't wait decisions must be made promptly."

Robert Strauss is impressed by President's skill in decision-making. very methodically goes about dige all the available information," he "He reminds me of a fine golfer proaching a difficult shot. He studie lay of the land, plans where he wan go—then swings with confidence without strain. All in all, he is an standing executive.

"Having known and worked with my Carter before he was elected, I k this quality in him, but as Presider has scope as a decision-maker, a ager, a leader."

Relishes debating

But if the President hesitates to m up his mind before absorbing all facts and exploring all the options relishes debating the pros and cons issue. "He enjoys a good argumen the merits of a case," says his Nati Security adviser, Zbigniew Brzezi "And he is a most effective debat argue with him on issues and I c lose. But other times he comes aroun a point of view that at first he was re tant to accept, and that's a good si

Dr. Brzezinski says the Presider happiest when he accomplishes so thing specific. "He likes to have th done well," he said. "Many of the grams he now has in mind—or in mo —will, in the long run, prove to be torically significant."

Dr. Brzezinski adds that Jimmy Ca is aware of the limitations of what be done, of the tremendous obstacle any genuine reform (stemming from forces of inertia, vested interests, et "It's difficult to be an active presid and he is one," concludes Dr. Brzezi "But this awareness has not yet chan him."

As earnest as Jimmy Carter is ab his work, he can also be playful and a humorous side. Dr. Brzezinski, meets with him each morning, reco examples of the Carter humor.

"When the President turned fi three last October, I sent him a fictio birthday greeting in the form of a ca from an important foreign leader, w whom we had been having problems that fake cable—which looked a hund

…t like the real thing—a number of …t concessions were made to Ameri… …reign policy. But the last line con… …l with an offer: In exchange for the …ssions, the foreign leader wanted …esident's National Security adviser …ew weeks, after which he'd return

…e President acknowledged the …ay 'greeting' with a personal note: …Zbig, I thought it was an excellent …until it said I'd have to take you

…n another occasion, Anatoly Do… …n (Soviet Ambassador) lunched at …hite House. Afterwards, we had … and caviar while seated on a … longue outside the Oval Office. A …bird was singing at our feet. Some… …napped a photo of us, and a few …ater, the President sent me a copy …inscribed, 'To Zbig, this is the in… …le outcome of a vodka lunch, but …st the bird looks sober and alert— …'."

Down days to himself

…nough the President likes to in… … his sense of humor, he is inclined …p his "down" days to himself. Even …h he describes his first year as an …ll pleasant" one, it was neverthe… …arred by one event that was "per… …y painful to me"—the resignation …dget Director Bert Lance, one of …sest friends and aides.

…was a tough problem for the Presi… … Walter Mondale recalls, "because …e really good friends. I know Bert's …ation was a decision they made to… …r. Often, outsiders think that high … requires people to become imper… …and brutal, but few of us here are …way with our friends, and thank … because there ought to be some …or humanity and fairness.

…en though the President was …y troubled during that period," the …President adds, "he didn't show it— …he end. He doesn't usually spill a … emotion. He is a cerebral type."

…y Powell remembers that on the …he President called the press con… …e to announce Lance's resignation, …l "feared the President wouldn't … it through the opening statement. … suggested that his emotions might …e best of him so he ought to take …ritten statement and read it with …ad down. But he did it his way. …ould hear the lump in his throat, …e the mist in his eyes."

…n Kraft puts it this way: "It was the …lent's greatest personal setback and …f his most trying times. There was …ed fatigue during that period."

…spite the pressures of the presi… …, Jimmy Carter takes time to show …ide to friends and advisers. His …ivity toward them is one of the …ies that commands loyalty and af… …n from his staff. *(continued)*

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Jimmy Carter

continued

Robert Strauss shares the same birthday as Amy Carter. So, after her celebration, the President threw a surprise party for the former Democratic National Chairman in the White House. "The party was his way of saying thanks for my work and support," said an obviously pleased Strauss. "But he surely did surprise me—I thought I was going to an urgent meeting. It shows how sensitive and thoughtful he is, and it meant a lot to me."

And the Vice President remarks: "Not long ago, one of the newspapers published a silly story that I no longer had the same access to the President. I didn't mention it to him, but he personally phoned several reporters to inform them it was misleading. That's the kind of person he is. He has a special sensitivity about personal hurts and slights. Such consideration is rare in politics, but Jimmy Carter has it."

Dr. Brzezinski tells a similar tale. "Once, when there was some unfair criticism of me in the press, the President suggested he phone the reporter to give him the facts. I told him it wasn't necessary, but it's the offer that counts.

"On another occasion, the President wrote a personal letter to a foreign leader pointing out that some particular criticisms of me were unwarranted."

But if the President has experienced a growing popularity with his staff in the past year, the situation with the general public has been just the opposite. Last fall's disappointing popularity rating showed he had dipped below the 50 percent mark in public approval.

The Vice President is philosophical about this. "A good President cannot have unlimited popularity," he tells me. "It just isn't possible."

And Jack Carter adds: "I wasn't surprised at the ratings, because ratings are actually a measure of what you're trying to do—how much you are challenging the status quo."

Bob Strauss explains it thoughtfully: "Jimmy Carter had to move to the front burner many issues whose solutions had been delayed too long. For political reasons, he might have been better off doing it slowly. But he felt that at least the important issues of energy and the Middle East, for example, needed immediate attention. He took political risks—and with his own future—to do what he feels is best for the country.

"In the short run, this may cause him to lose some popularity. In the long run, it'll be good for the country—and, eventually, good for Jimmy Carter."

Of all the problems the President has faced in his first year, the Arab-Israeli conflict has been, perhaps, the thorniest.

"The U.S. occupies two roles in the Mideast," he told me. "First, as the principal friend and supporter of Israel; the other, as a mediator and peace maker. This latter role requires that we enjoy some degree of confidence by all the parties involved in that conflict.

"Now, these two roles are quite difficult. Sometimes they come into conflict. But there is no way we can abandon either role. It's certainly unthinkable and immoral to abandon our role as friend and supporter of Israel. On the other hand, to abandon our role as peace maker and mediator would be disastrous not only for the U.S., but for Israel as well.

"My view is that we just have to accept the fact that there is no easy way to deal with the situation. But we have just seen an unprecedented new development, where an Israeli and an Arab leader sat down to talk. As Churchill said after [the battle of] El Alamein: 'This is not the end. It is not even the beginning of the end. But perhaps it is the end of the beginning.'"

Sometimes when situations look truly impossible, humor serves the President as a relief mechanism. His associates have seen it frequently during the past year.

The Vice President recalls one particular day not long ago when, noting that the President seemed unusually lighthearted, Mondale remarked, "Gee, Mr. President, I'm glad to see you so happy today. Any special reason?"

"The President grinned widely and quipped, 'I'm a lot happier now that I realize this job is impossible. . . .'" **End**

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Kate Jackson

continued from page 86

ons. She devotes other hours to guitar piano practice, and to photography. ause she customarily tumbles into at 10 o'clock at night (she must be t 5 A.M.), Kate tries to limit her so- life.

Some people call me a loner. Per- s. I'd rather be by myself in my room than bored stiff at a party a hundred people around. I need to be alone. Don't forget, I'm with people all day long at the studio."

While privacy and independence are ortant to her, from time to time Kate feel a need to share her life with a pathetic man.

'm aware of that void," she says. metimes I come home and sit down ask myself, 'Now what?' But that ens less frequently than it used to. tart a fire in the fireplace, lean two ws against the couch and read a ; or maybe I'll make a few calls and on the telephone."

o millions of American viewers, Kate son at home with just a good book company must seem a far cry from t they imagined her life to be. But e repeats, being single—which also ns being alone sometimes—is what wants for now.

Work comes first

ate's work comes first these days. s determined to have a long career, to make her own decisions. In fact, as one of her decisions that set the at for *Charlie's Angels*.

her first television series, *The Rook-* Kate drew more fan mail than the of the cast combined. The produc- of *The Rookies*, Aaron Spelling and ard Goldberg, asked Kate to star in next project, a series titled *The y Cats*.

didn't think the title would work," says, "so I met with them to give my ideas. At the meeting, I saw a wkbox on Aaron's desk and sug- ed that three girls work for a guy never see; he only talks to them on phone or squawkbox.

Then I noticed a picture of three els on Aaron's wall; so I said, 'Let's the girls angels.'

Almost a year to the day later, the script, with my ideas and title in- led, was delivered. Sure, I'd been ad- ing in that meeting. But the instincts e working, and I was in the right e at the right time. One of the rea- the show's a success is because e angels.

The amazing thing about the sudden ess is that although on a personal l nothing seems different, so much in fact, changed. I live in a house now instead of an apartment. I've just built a ski house at Park City, Utah, and I'm going to spend every weekend of the season up there on the slopes. I met Prince Charles when he came to Hollywood. The magazine covers and all the attention are flattering. Everything is changed from the outside, but from the inside—my point of view—nothing is really different. I still want the same things from life.

"I'm not interested in amassing wealth. I'll never understand why they pay me to do things I should be paying them to let me do. I earned ten thousand dollars a week last year, and they gave me a raise this season. The main thing is that my work allows me to be creative and to feel alive and vital.

"If I'm a together lady, it's because I work at it. I try to be healthy, emotionally and physically. I feel that if you have good health, ninety percent of your emotional problems disappear. That's why I don't smoke, and drink on only rare occasions. And I guess I'm one of the few women you know who gets down on her knees by the bed to pray every night.

No real angel

"But I'm no *real* angel. I rebel against myself sometimes. As an example, one night, not long ago, I got loaded drinking vodka in the Russian Tea Room in New York. When we left, I put my arms around a couple of friends so I could keep my balance.

"It all boils down to being happy with yourself. What have I got to cry about? I may be disappointed or sad sometimes, but I don't allow myself to be hurt. *Hurt* is something you allow yourself to feel when you don't want to combat a problem. Suffering and unhappiness are boring, depleting and no fun. So I stay on an even keel emotionally all I can. Call it self-indulgence, but that's the way I am."

Because Kate is so free of bad temperament and other neuroses common to many actresses, a member of the *Charlie's Angels* crew painted a sign that she keeps hanging in her dressing room: *HELP, THE PARANOIDS ARE CHASING ME!*

There's one other motto that Kate finds reassuring. She discovered it during a recent bout with insomnia.

"I'd lie awake wondering what I'd done wrong that day," she says, "or I'd worry about what the next day held in store. I wasn't starving. I wasn't living in a neighborhood where I would be afraid to walk down the street at night. I hadn't lost a husband. I had no sick child.

"Then one night I said, 'I haven't a care in the world.' And it must be true because I repeat that thought every night and I drop right off to sleep."

—STEPHEN DECATUR

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What's Happening

continued from page 12

MacLaine, who star in *The Turning Point.*

The Turning Point is the most entertaining dance movie since Moira Shearer and *The Red Shoes* had an entire generation of girls pirouetting to school and dyeing their hair red. It is also the kind of sink-your-teeth-into-each-other backstage story that Bette Davis and Miriam Hopkins and Joan Crawford did so well. This is a tale of two cities—New York City and Oklahoma City. It begins in Oklahoma, where a family is in a flurry of getting ready for a big night: the American Ballet Theatre is performing in town on its cross-country tour, and mama (Shirley MacLaine) used to *dance* with that company. So did dad. But Shirley traded in her plié for pregnancy, moved west and now she and her husband run a ballet school in Oklahoma. Star student: their own daughter, Emilia, played by Leslie Browne. Off they go to the gala ballet, followed by a marvelous backstage reunion of long-unseen friends: the too-gushy embraces, the extravagant kisses, the pseudo-shrieks of recognition, the children standing awkwardly by, trying to plumb their parents' past. The company's prima ballerina is Emma (Anne Bancroft), once a close friend of MacLaine's, but for years the object of a smoldering, sub-surface resentment—a life of regret that MacLaine is not living Bancroft's stardom. But Bancroft is no longer youn there is hurt in her heart that s her last legs. Daughter auditions company, is accepted and inv come to New York. MacLaine panies her. So the story shifts negie Hall and Lincoln Center backstage backbiting, competiti incredibly hard work of a danc

In New York, our young meets the male star of the co played in his first film by the greatest male dancer, Mikhail Ba kov. Dramatic as the film is, it Baryshnikov whom you will rem His dancing is stupendous, and caught in superlative photograp matter what your conception conception) of ballet, you will his breathtaking performance. T is dense with interactions—a cat's of relationships.

The acting by Anne Bancr Shirley MacLaine is of a very h der, the dancing is beautiful, t sonal relationships are complex—t has it all, from high fidelity to in Make it a point to see *The Point:* it's a winner.

Extraordinary Encounter

Let's understate it: Steven Spi *Close Encounters of the Third* one of the most spectacular mov made. Richard Dreyfuss, while his truck through Indiana, is e by a blazing dazzle of face-sc light. His truck goes berserk ar unshakably sure that he has had encounter. In a nearby house, a old tot is awakened from sleep outerworld intelligence. A beati ance permeates the child's f crawls down from bed and todd gling off into the night, happily ing captivity by his night-visito mother (Melinda Dillon) is her veloped by the absolute realizat special spatial presence. Subse she and Dreyfuss are pulled to a they cannot resist, cannot expla do not question. What makes *C counters* such an important fil haps a profound film—are what adequately described as "special Their extraordinary musical visu sults in overwhelming power leled in my movie experience. long and thrilling climax of this mother space ship arrives in a t ous confluence of sound, mu piercing, pulsating, galactic Earthlings and them-lings con musical tones that build to an er crescendo of celestial majesty. *C counters* is filled with wonders, not to say it is perfect.

The picture is flawed. So wh eryone who demands *perfection* look at an egg! Everyone else line for *Close Encounters of th Kind*, which is *one* of a kind.

uching, Merry Goodbye

r his next hit, Neil Simon has writ- *The Goodbye Girl*, the story of orced just-over-the-hill Broadway er and her precocious 10-year- aughter in New York who *now* live an actor and *he* skips out on them g only a goodbye note in which he cts to mention that he's secretly t the apartment to *another* actor. is Marsha Mason, and the new t soon-to-be is the ever-popular rd Dreyfuss. Who'll get the apart- ? Will Neil Simon let his characters t off at the impasse? Of course not: ve got to make *some* accommoda- over these accommodations, and so decide to *share* the apartment. The t is a joyous comedy that's far than felicitous fluff: the script with feelings, with insights into endence, understanding and mis- rstandings—a touching, marvelously v film.

Reynolds Kick

rt Reynolds and Kris Kristofferson in *Semi-Tough*, a comedy that's reminiscent of Dan Jenkins' best about pro football players. The e is part send-up of life behind the rs, and part put-down of "est," consciousness-raising, *money*-rais- cheme that in this movie is called AT." *Semi-Tough* is a romantic com- hat's rated a raunchy "R", so your aunt may be thrown for a loss by ffensive lines. But for Reynolds' g alone I think you'll get a kick f it.

End

E SHALIT RE-VIEWS

Hall, Woody Allen's new movie, is than his best film; it is an event. What t! Diane Keaton is marvelous; Allen a s.

y Deerfield may be big-name and high- blicized, but rarely has so much talent tossed into trash.

s as a film is passive, whereas the play the imagination. But still, this story of and a psychiatrist is a gripping mys-

y Friday, squeaky-clean fun from Dis- takes a madcap look at a mother- nter relationship. What a pleasure *good* y can be.

, based on a story by Lillian Hellman, Jane Fonda, Vanessa Redgrave and Robards. It is complex, intelligent and breaking. Fred Zinnemann directed; ork is a gem.

Lacemaker is a story of young love that the best writers, directors and actresses ransmit to an audience. A notable film.

ing for Mr. Goodbar floods with char- s that claw the nerves. It is harrowing you may be offended. But star Diane on ascends to acting's hall of fame.

Spy Who Loved Me is one of the most ing and lighthearted in the James Bond s. What fun!

Wars is a super picture filled with imag- n, humor and joy, with stunning effects use the visual power of pictures to pro- pleasure. The whole family will have a ay.

ntino is contemptible—hideously taste- nd incompetently made.

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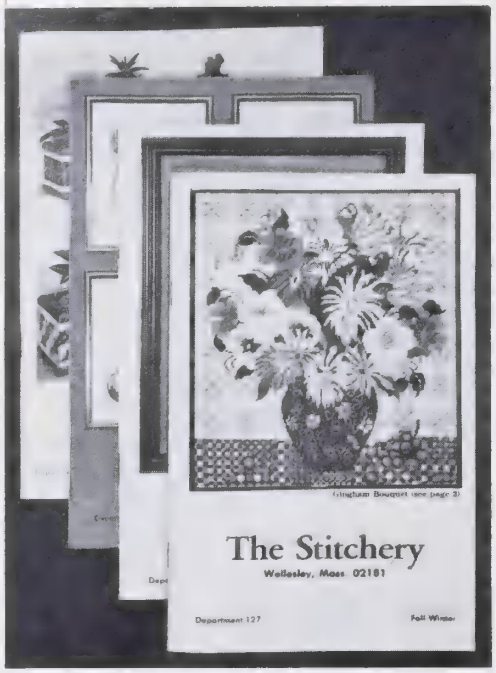
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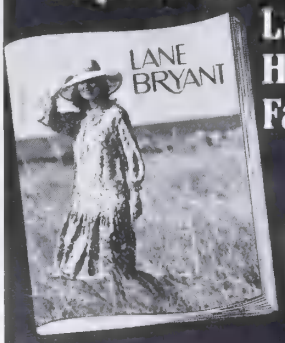
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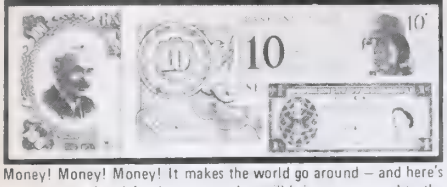
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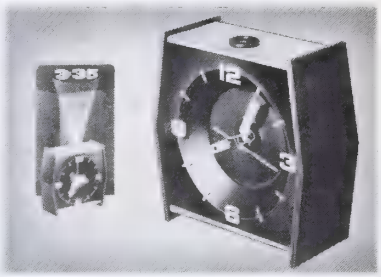
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For Your Valentine

continued from page 107

Your little valentine may take a lar or smaller size than those we show. P chase the garment to fit the child, th estimate yardages of Wrights trimmi needed using the photographs that pear on pages 106–107 to guide y Helpful suggestions, style and co numbers are given below.

Matching sweater, cap and coverlet. La edged braid 181 8737, color 61: four ro two each side of front, run from neck to b tom edge of sweater; two rows run acr the top front of the cap, tacked 2" of br to each 1" of cap to create a ruched ru effect (figure twice the quantity needed stitch braid flat); a single row centered the satin binding around all four sides of t coverlet. Lace edging 181 8114, color 30 single row edges the neckline of the swea and circles the sleeves just above the cu Ruffled lace 181 3756, color 30: two ro one facing out the other in, are stitched the outer edges of the satin binding arou all four sides of the coverlet.

Baby tent. Embroidered trim 181 64 color 1: a single row edges the neckline a sleeves; two rows edge the hem.

T-shirt. Rickrack 116 402, color 65: o row outlines the neck; two rows, alternati with two rows of braid 181 6428, color encircle the chest.

Sleeveless tank top. Lace edging 181 811 color 30: a single row edges neckline a sleeve openings. Heart appliques 193 131 a single row outlines the neck, with hea tacked top and bottom of the hearts to t shirt, so that ribbon may be run throug four hearts, with the point to the cent form an applique at the left bottom edge.

Baby sleeper. Ruffled edging 181 813 color 44: a single row edges collar, fro opening and cuffs. Embroidered edging 1 6321, color 37: a single row circles the cu just below the ruffle; individual flowers a stitched on the collar and a length is gat ered and stitched to form a rosette on t left side of the chest.

NOTE: When sewing edging to knitted m terials, keep tension loose, or tack at inte vals, so that stitches do not snap whe fabric is stretched.

METAMORPHOSIS

By Marzi Kaplan

As I chronicle my years
I objectively concede
that I lost myself in gatherings
to sublimate a need.

Yet, now I find within
myself more amplitude—
a disturbing, pleasured presence
in solitude.

SECOND THOUGHTS

continued from page 101

Who is Michael Garrett to me now?

"Hey, Jeanne," Nick comments while driving, "wasn't that something, seeing your friend in the film!" His voice breaks into my analysis.

"Yes!" I reply quickly, nodding with a little too much conviction.

"Uh-oh." He twitches his blond mustache comically. "Trouble."

I wince. Nothing's private in this duo. We're always inside each other's heads.

"No," I protest. But he knows better.

He considers for a minute. "It would be a shock. I'd be the same way you are, I guess, stunned."

I gaze out the window, watching frosted houses spin by in the gathering dusk.

"What's the problem, Jeanne?"

"I don't know." I want him to drop it but Nick must construct even the smallest puzzles into habitable shapes.

"Did you love him?" Not jealous, merely curious.

"I don't remember."

I lie—I remember. I never forget anything—the pattern of a fabric, the texture of a rug, the inflection in a single sentence. I carry my personal history around like a bulging bag of samples. She did this. He said that.

I loved him.

I was an interior design student in Fort Lauderdale, working part time at a theatrical booking agency—the one with red caution signs on its file cabinets: "DON'T LET IT HAPPEN."

He came in to register as an actor. We collided: I sank. Ms. Titanic on a self-directed course.

Michael Garrett always wore his clothes as though he were in the process of removing them. His shirt, unbuttoned to the navel, slid casually into hip-hugging jeans. He was barefoot and wore an expression I could only classify as what romantic novels call a "taunting smile."

He saw a zipped-up, tightened-down, precisely-dressed, color-coordinated receptionist. Me. No wonder he determined on the spot to attack with all his easy-going charm.

After he had filled out the necessary papers, I asked him if there was anything he could write after the words "Previous Experience."

He studied me slowly, grinning. I grew uncomfortable.

"Sir?" I inquired in my most formal manner.

On came that 1,000-volt look that melted me like a kiss. "No," he said.

Undone and incensed, I wanted to strike back, regain some of the ground I'd lost. "How can you expect to find work as an actor without . . ."

"Because I'm a handsome dude," he interrupted, with an easy laugh.

His confidence was completely justified.

"May I offer some advice?" He rapped on one of the file cabinet signs. "Let it happen."

Flakes are crystallizing on the windshield as we pull into our College Park driveway.

"Wait, Love. I'll get it." Nick slides out to open the garage door.

Michael. Nick. There's no comparison.

But inside the house, familiar things seem distorted: Nick's drafting table, den shelves crammed with design books, Grandma Larson's mantle clock audibly measuring time. All have the impersonal air of objects in a shop.

"Mommy, Ellen lost six games!" Julie prances from her bedroom, exuberantly scattering Old Maid cards. She has Nick's blue eyes, his contagious happiness.

I hug Julie, holding her very close. Here, at last, is something that belongs to me. She restores my feeling of reality.

I apologize to the baby sitter for her defeat at the hands of my enthusiastic little victor. We all laugh but Nick can detect a note of falseness in mine.

My mood unsettles him. After Ellen leaves, he takes Julie to the kitchen for their regular Saturday night ritual of pizza making.

I pick up the Old Maid *(continued)*

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SECOND THOUGHTS

continued

cards, one by one: $80 worth of gambling tickets Michael's dropped on the concrete at the jai alai palace.

"*What are you doing?*"

"*My man lost.*"

"*Well, we can at least put them in the trash bin.*"

"*That's somebody else's job.*"

I remember picking them up from the floor to deposit defiantly in the barrel while Michael waited. It helped satisfy my desire to shove them back through the betting window and retrieve his $80, to run the newsreel backward.

For months, I tried to pull Michael together like the components of a model room, but he would have none of it. What he earned, he spent on pleasure and acting lessons, until everything he owned had been repossessed by finance companies. Still, he floated smoothly along, drawn toward some personal vision of the future that I could not believe in. I was a nest builder by nature and by profession.

"Jeanne?" Nick caresses my hair.

I realize I am sitting in the darkened living room with the cards on my lap.

Suddenly ashamed of my brooding, I try to make up for my silence. At dinner, I churn lively conversation across the table. I do the dishes, humming.

Later, after Julie has gone to bed and Nick has carefully stacked logs and crumpled paper in the fireplace, we settle at the hearth with our plans for Paul McClellen's new house. Nick reviews the blueprints, leaning forward in quiet study. He's of Swedish descent: a second-generation American with hair the color of winter sun. Blue veins run so closely beneath his pale skin that one can almost see the blood flowing through them. His build is that of a field laborer, the occupation of both his father and grandfather.

"Judy and Paul want black slate in the foyer. I suggested to them a . . ." He glances up at me. "What are you thinking?"

"Black slate would go well next to a red plush living room rug."

"Ummm." Nick smiles. "Is he gone yet?"

"Who?"

"Michael Garrett."

"Oh, don't be silly . . ." I pinch his wrist, laugh, shrug. He's not convinced. He regards me carefully in the yellow firelight.

"What was so attractive about him—other than the obvious?"

"Not much."

"Must have been something."

"I'm trying to remember."

We relax wordlessly for a few minutes, sifting through the varied carpet squares, wallpaper swatches and fabric books.

"This has to be the most interesting job in the world," Nick says. "Look." He unrolls his rendering of the McClellen home exterior, drops a few samples on it ceremonially. "We make nothing into something."

Suddenly, I know what I had wanted from Michael. I had wanted him to mold me.

That must have been forever ago—not knowing who I was, counting on love to make me into a person. Directionless, I wanted Michael to lead, to create for me an identity.

Nick notices the change in my expression but does not ask about it. Instead, he slides papers beneath the coffee table and sits closer to me. After a moment, he reaches up and runs his fingers lightly along the back of my neck. His nearness never fails to upset my balance. I lean against him. I don't want to, but I remember . . .

Michael and I are arguing on a small boat in the Florida Keys. The cloudless sky traps and reflects the searing heat. Around the boat, dozens of Portuguese man-of-war bob threateningly, their jellied tops glistening.

Michael wants to dive. We've come 200 miles for these minutes. I think he is crazy.

Exasperated, Michael grabs my arms to throw me overboard, but I clasp his elbows and we struggle against each other. He is plainly unafraid of the creatures and I believe beyond any doubt that no man-of-war will dare to sting him. They will sting me. We are not alike, Michael and I. We were never alike. I have followed him long enough, drawing on his ego. I may not yet know what I am, but from Michael I have learned what I am not.

Michael releases me so swiftly that I tumble to the floor. He sits on the side, angrily adjusts his mask and rolls int the glinting water.

Julie cries out.

Before Nick and I can rise, we hea her running down the hall toward u She is obviously still asleep, eyes wid with a night terror, lips pressed into thin line.

We jump to our feet and Nick lif her in a tight embrace. Her shoulde tremble under the yellow flannel gow I grab the afghan from the sofa, wrap around her.

"Do you think she's awake?"

"I don't know." I put a hand to h cheek. "Julie? Julie?"

She blinks, recognizes me. I can sens her relief. But she begins to wail, grip ping Nick, burying her face in h sweater.

"Daddy. Daddy. I was outside." He words are slow, muffled in wool, punc tuated with whimpers. "It was gettin dark. All the kids had gone home. couldn't find my house. It wasn't there.

Her fear is elemental but I am struc by it. It parallels some of my own childhood dreams. To be searching, trying t find the place where we belong, must b a universal nightmare. I had known a the time I loved Michael that I woul never find that place with him, but realize now that I have found it wit Nick.

I exhale soundlessly, feeling a grea pressure escape. Nick closes his eyes an stands holding Julie for several minute swaying slightly from side to side unt she is quiet.

After we have tucked her into be again, Nick brings skewers and a bag c marshmallows from the kitchen. W spend a long time before the wanin fire, toasting sticky treats and listenin to the Indiana wind howl like a lost dog

Overnight, frost creeps in on the doo latch and webs of ice fill the window panes, but Nick and I sleep warmly face to face. **En**



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"Oh, Mr. Grant!" Mary Tyler Moore writes about Ed Asner

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"Some of my friend
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but now that I use
Long & Silky,
I'll never cut mine.
Personally, I think short hair is cute on some girls, but I know it wouldn't feel like me. When I'm running, I really love how my long hair blows back, so soft and flowy.
But I did think of cutting mine recently. When it was wet, it was hard getting my comb through the tangles. When it was dry, it was full of flyaways. And messy ends! I was always trimming.
Anyway, I heard about Long & Silky® from Clairol, the conditioning lotion for long hair, and I tried it, even though it was a little expensive. And am I glad!
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I know lots of girls are cutting their long hair, but I'll never cut mine. 'Cause there isn't one single reason why I should, anymore.
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She conked out but her hair held up.



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VOL. XCV, NO. 3
MARCH 1978

LADIES' HOME **Journal**®

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Cover photograph of Jane Pauley by Klaus Luca; hairstyle and makeup by Benjamin Moss. Pages 80—83: black and white inset photographs of Tanya Tucker, Lynn Anderson and Rita Coolidge by John Lee. Page 64: background photographs of Sophia Loren by Tazio Secchiarelli/Sygma; Katharine Hepburn by John Bryson.

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- 1 cup chopped onions
- 1 Tbsp margarine
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- 1/3 cup cider vinegar
- 1 Tbsp sugar
- 1 3/4 tsp salt
- 1/4 tsp pepper
- 4 medium potatoes, cooked, peeled, sliced (about 4 cups)
- 1 Tbsp chopped parsley
- 1 Tbsp cooked, crumbled bacon

In large skillet over medium heat, cook onions in margarine 2 to 3 minutes. Stir in next 5 ingredients. Add potatoes; continue cooking, stirring constantly, about 2 minutes or until heated through (do not boil). Garnish with parsley and bacon. Makes 6 servings.



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(HELLMANN'S and yogurt make it better)

- 1/2 cup HELLMANN'S Real Mayonnaise
- 1 container (8 oz) plain or vanilla yogurt
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- 1 can (4 oz) shredded coconut
- 1/2 cup raisins

In large bowl fold Real Mayonnaise into yogurt. Fold in remaining ingredients. Cover; chill at least 2 hours. Makes 6 servings.

MEXICAN SALAD BOWL

(The zesty taste is in the dressing)

- 1/2 cup HELLMANN'S Real Mayonnaise
- 1/4 cup minced green onions
- 2 Tbsp chili sauce
- 2 tsp cider vinegar
- 1 tsp onion salt
- 1/2 tsp chili powder
- 4 drops hot pepper sauce
- 1 can (12 oz) whole kernel corn
- 1 can (8 oz) red kidney beans
- 1 can (7 oz) pitted ripe olives
- 2 cups shredded lettuce

Mix first 7 ingredients. Cover; chill. Drain and combine corn, beans and olives; spoon into lettuce-lined bowl. Serve with dressing. Makes 6 servings.



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Dear Journal...

Big and little cookie

You confused me at Christmas. How many people didn't know you did two different covers, and bought both copies of the magazine?

Lucy Danton,
Los Angeles, Ca.

(Ed. Note: We received less than 20 complaint letters.)

Why didn't you print all your issues with the girl and the cookie tree? Christmas is not the time for TV stars.

Joan De Marco,
Boston, Mass.

Christ is still alive

I am surprised at the *Journal* for using the line "If Christ Were Alive Today" (December 1977). He is very much alive for all those who have deep faith, and who are very much in His presence at all times.

Mary Ellen McDermitt,
Chicago, Ill.

Are you what you wear?

Thanks to Letty Cottin Pogrebin (January 1978)! Dress codes have become so confusing lately. Her report certainly gave me and my co-workers (men as well) a lot to think about in terms of our own attitudes to our jobs.

Samantha Green,
Northport, N.Y.

Men have always had it so easy, knowing that a suit and tie were always "right" for work. Now I feel sorry for them, knowing that I've got more alternatives, that I can dress the way I feel each day. Thanks for an article that didn't say you *have* to wear a particular thing.

Lisa Phillips,
Atlanta, Ga.

Pornography

You recently mentioned the issue of magazine pornography (January 1978). Since we are constantly told that Johnny (and Jane) cannot read, is pornography the real issue? Perhaps we should concentrate on seeing that our children can read, and they would lose interest in pornographic magazines as teenagers and young adults.

Lyet R. Jewell,
Lakewood, N.J.

Remembering Mama

Anne Morrow Lindbergh's tribute to her mother (January 1978) was just so touching. My mother worked hard too, only nobody noticed. Mrs. Lindbergh didn't have to work, but the fact that she did probably made her very courageous in those days.

Linda Stark,
Chicago, Ill.



When she gave in to practicality, she didn't give up her individuality.

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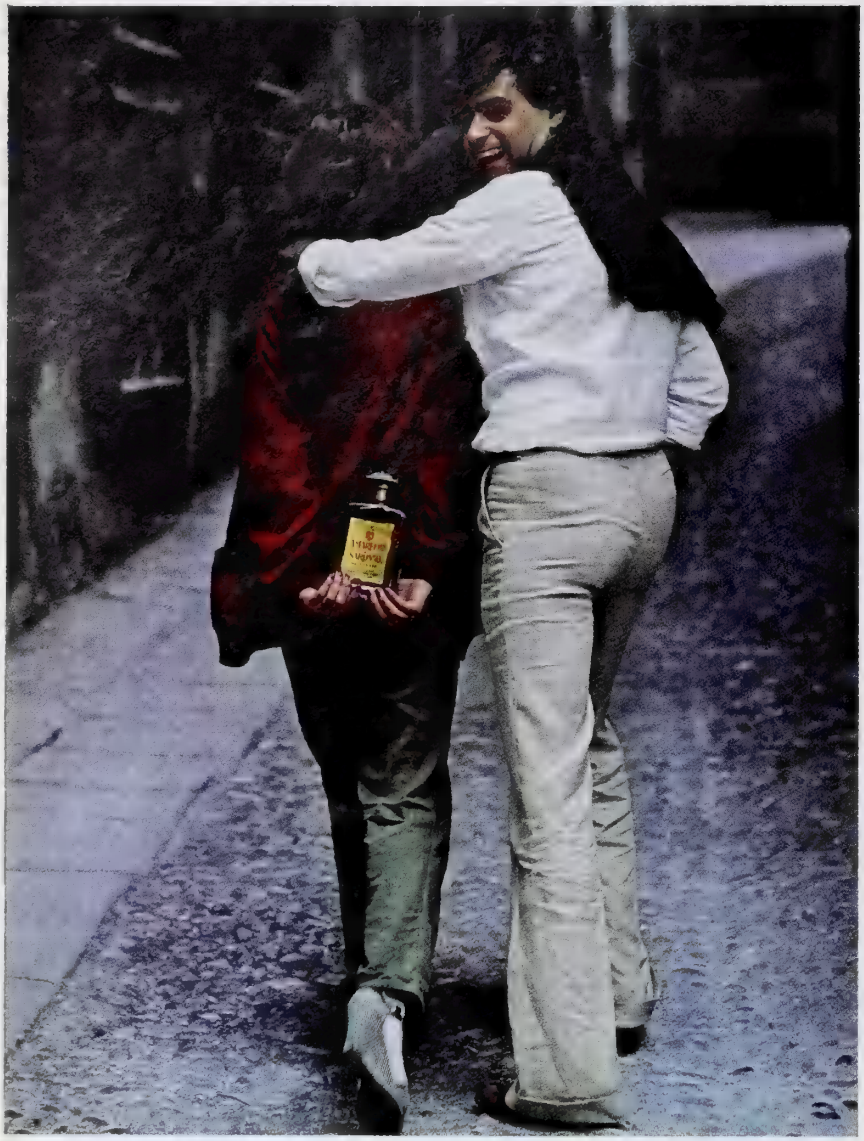
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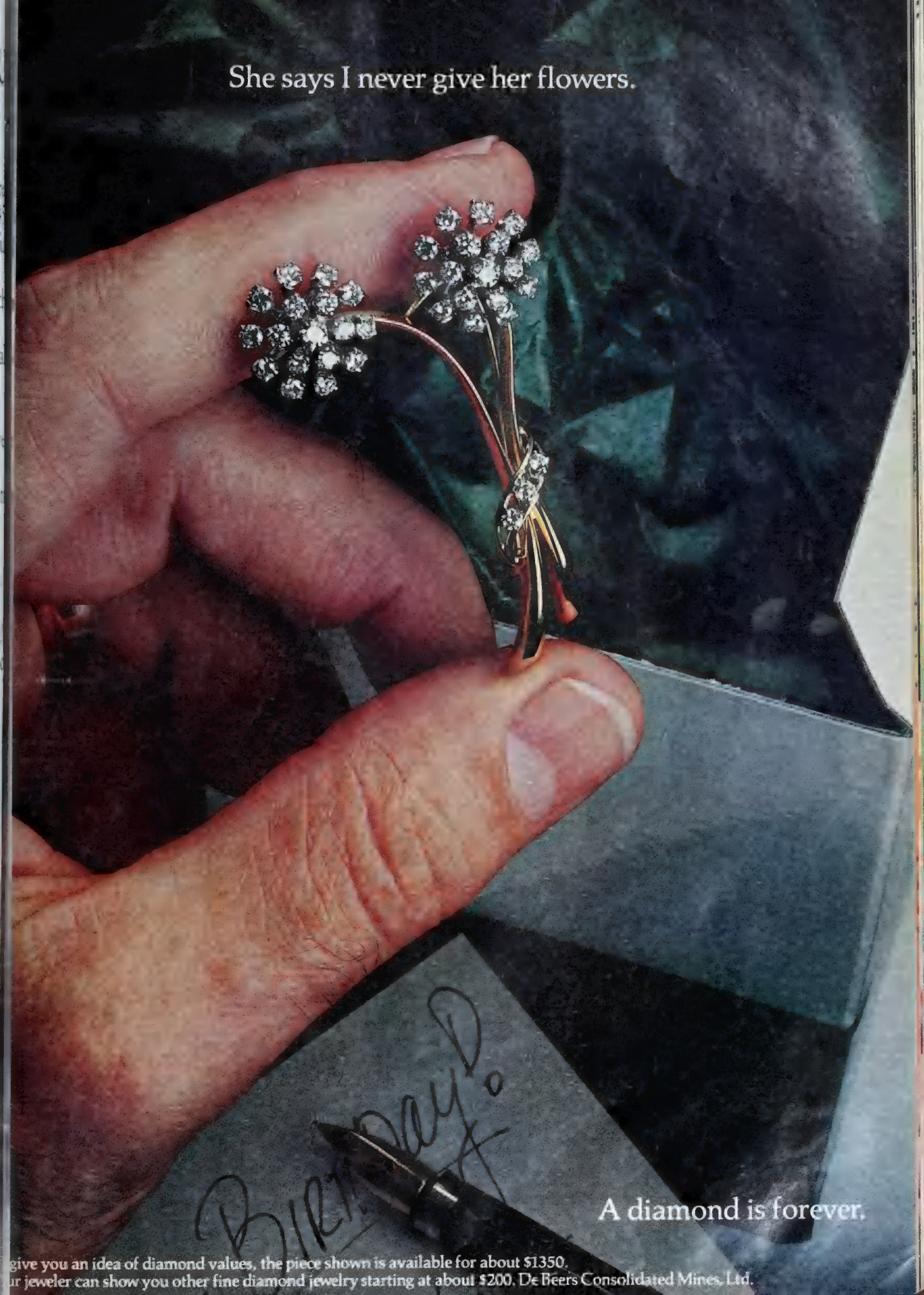


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Can This Marriage Be Saved?

Dorothy Cameron Disney

Rod and Rosalie loved each other—but they didn't know each other. Can you learn to understand your partner if you haven't learned to understand yourself?

This series is based on information from the files of the American Institute of Family Relations of Los Angeles, a nonprofit educational counseling and research organization with a staff of 70 counselors. It is the oldest and largest counseling center in the world. The true stories reported here are drawn from counselors' reports of interviews. Names, geographical locations and other minor details have been altered to conceal identities. The counselor in this month's case was Winifred Gahm.

Paul Popenoe, Sc.D.
Founder and Chairman of the Board
American Institute of
Family Relations

ROSALIE'S STORY

"In-laws have just about destroyed our marriage," said blue-eyed, snub-nosed Rosalie, a blonde with a plump derriere squeezed into an expensive pantsuit. Head of the secretarial pool in a large legal firm, 22-year-old Rosalie had been married for 11 months to Rodney, a prosperous orthodontist in his late twenties.

"Rod and I are opposite in our temperament and tastes," Rosalie continued as she fingered a dangling earring. "We agree on practically nothing—my choice of clothes, his demon work schedule, whether to go to a party or stay home and go to bed. We create plenty of problems on our own—and certainly don't need two sets of parents mixing in at every opportunity and causing more dissension. . . .

"Just last Thursday, we had plans to go to a dinner party at the home of my college roommate, and it seemed like for once Rod was willing to attend a gathering of *my* friends. But on Thursday morning his mother called him at the clinic—she pesters him at work twice as much as I do—with the news that his father was feeling poorly and she wanted us to drop in that evening and cheer him up.

"Believe it or not, Rod said okay to her. Then he got me on the phone and tried to back out of an invitation we had accepted six weeks previously. Purely to satisfy a whim of his mother's, he intended to wreck a sit-down dinner celebrating the first wedding anniversary of my best friend. Well, we battled, and eventually, I won: we went to the party. Rod can be gracious when he tries, and all my friends were charmed by his poise and good manners.

"Thirty minutes after the coffee and liqueurs were served, however, Rod caught my eye, indicating it was time for us to go. That signal of his, always premature, drives me up the wall. I feel the last part is the best part of a party but he feels the host and hostess want us to leave, which certainly was not the case last Thursday.

"Everybody begged us to stay. I am sure my friend was hurt that we left so early, but rather than stage a public fight, I let Rod get his way. On the drive home we went at it again. Rod accused me of being a social butterfly and I accused him of being the son of a social climber—an accurate description, I think, of my mother-in-law. I then said that he is a snob like his pretentious mother and considers my friends and family beneath him.

"Rod got absolutely furious, refusing to speak to me until we reached home. At that point, his mood changed in a twinkling—to my astonishment. He suddenly wanted sex.

"Rod prefers to plan in advance for intercourse—usually Saturday night and on Sunday night as well, unless he has an extra-early Monday morning appointment. On the other hand, I prefer spur-of-the-moment sex, and plenty of it. Inwardly, I wanted to follow his suggestion and hurry to the bedroom, but unfortunately, I was still mad. I thought Rod ought to at least hug and kiss me first—or even beg a little. He didn't beg.

"So I slept in our guest bedroom by myself. This was pretty silly of me because I've been dying to get pregnant—one big reason I was so crazy to marry Rod. I felt sure he would make a fine, responsible father for my children. So far we have had no luck in the parenthood direction. Rod would prefer us to postpone our family indefinitely.

"Rod keeps appallingly early hours for a professional man. Most of his patients are children, and some of their mothers like to bring them in before school starts. Typically, the next morning he was up at half-past-six. Usually I sleep an hour or so longer. But when I smelled the coffee I joined him, thinking we might share a cup and then run back to bed and make up our quarrel.

"Unfortunately, Rod was still sulking. He let me pour my own coffee. When I offered to make him an omelet, he declined in a cold, curt voice. He went off without kissing me, a rare event.

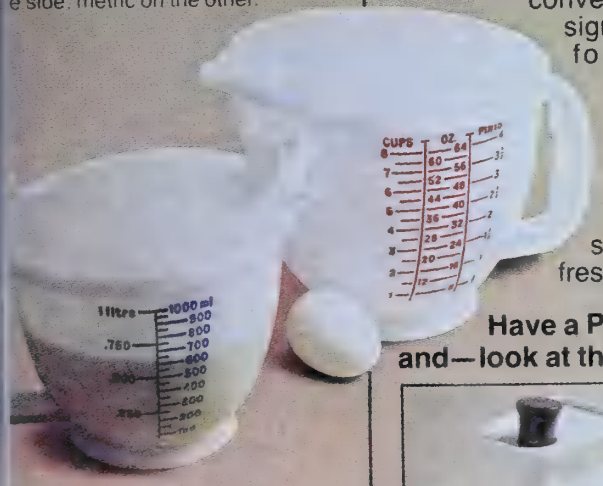
"This meant Rod was still furious and likely to sulk all day. I was so crushed and depressed that I telephoned my mother. My luck, I called her out of the kitchen—Mama was making yogurt with the yogurt-maker I gave her for a Valentine present—and she was in no mood to chat. She just said that Rod, with his peculiar ways, would try the soul of *(continued)*

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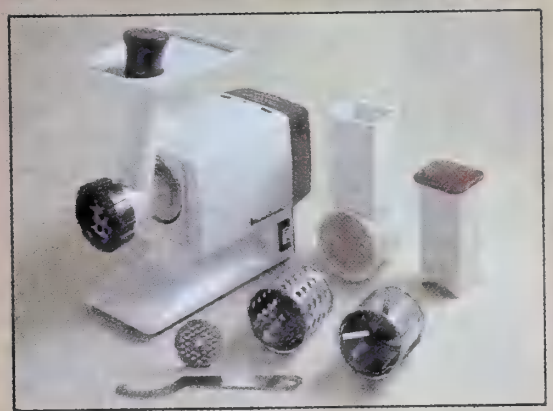
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Can This Marriage Be Saved?

continued

any woman and that I should learn to be patient and expect poor treatment. Well, I invited her and Daddy to come to supper. She was pleased and said she would bring some of her nice fresh yogurt.

"After talking to Mama, I called Rod's clinic. When his nurse answered, I told her to tell Rod that he was to come straight home the minute he finished with his last appointment because my parents were dining with us.

"Thirty minutes later his nurse called me, a tip-off that Rod was too proud to speak to me himself. She told me his last appointment was at eight o'clock but that he would do his best to get home by nine. I doubted such a late appointment, but I could hardly say so to the nurse.

"Well, Rod pranced in that evening at 9:45 while my parents and I were still at the table eating dessert. He said he was sorry to be so late but he didn't look it. Mama asked him to sit down and try some of her yogurt. Rod said he wasn't the least bit hungry, that he had stopped at a fast food place and eaten dinner.

"Although Mama doesn't intend to be tactless, she sometimes makes inappropriate remarks, particularly if she feels slighted. She told Rod that greasy food gobbled in chain restaurants was likely to ruin a person's digestion, health and waistline—sensible people stuck to natural foods like yogurt and whole grains and kept themselves slim. With that, she looked squarely at Rod's middle.

"Rod is sensitive about a little paunch he has been developing and his face turned red. Daddy rushed in and changed the subject. He asked Rod whether he thought the stock market might recover from its slump.

"Rod replied that he had no idea what the market might do but would gladly phone his mother's broker for an opinion. Mama interpreted Rod's entirely innocent remark as a slam at Daddy, who has never been successful.

"But just as she opened her mouth, Rod picked up his coat and briefcase and left, saying he just remembered a promise to stop in and see his ailing father.

"He was lying through his teeth—I knew it, Mama knew it and even Daddy suspected. Half an hour later, my parents went home. On Mama's advice, I went with them, although I didn't really want to go. I left a note pinned to Rod's pillow, crying buckets at the memories it stirred. I told him I would come back to him as soon as he apologized for putting down *my* family while praising his family to the skies.

(continued on page 154)

Editor's Diary



Lenore Hershey

THOSE OTHER FRIENDS

This is a good month to admit that we are a magazine of dithering animal lovers. (Even to the point of zoo cakes—see pages 90–93.) I myself am smitten with a brown poodle named Brillo, who scolds me every night for being a working mother. Bonnie Cooper is leaving a little early tonight to mare-sit, because Hedda, her retired race horse, is foaling. Dick Kaplan grumbles a lot about Brandy, the family Schnauzer. But he almost went bonkers last month when Brandy was temporarily on the prowl. And so it goes, through the whole staff.

Mostly, however, we seem to be cat nuts. Maybe it's because of our Book and Fiction Editor, Phyllis Levy. Phyllis, who knows all manner of glamorous writers and publisher types, talks mostly of two four-footed status-personalities named Barnaby and Tulip. They are two very elegant brown tabby Persians who rule Phyllis and her apartment. Although Barbara Fortson's seal point Siamese Pyewacket and Nathan Mandelbaum's blue point Siamese Simon also have their humans enslaved, Phyllis is our #1 feline fan. That's why, when Doubleday decided to do a book called *Cat People*, Phyllis was called on to help author-photographer Bill Hayward cast it and shape it. The results can be previewed on pages 60 and 62 as well as on our cover, since Jane Pauley is part of the book.



Phyllis Levy with Barnaby. He's three and has an indoor tree house.

Why are pets such an important part of our life today? Is it the companionship, the simplicity, the willingness to love without judging? Does the touch of paw and fur give us a kind of intimacy that somehow fills a communications gap in our over-communicated life? Whatever it is, as I said, we are a magazine of dithering animal lovers. And next month we run the biography of Sandy, the dog in the Broadway hit musical, *Annie*. If you could have seen the hamburger and champagne reception we gave Sandy and his understudy Arf in this office to celebrate the purchase, you would have either grinned or snickered, depending how you feel about dogs. (If you snickered, grrrr.)

ACKNOWLEDGEMENT

We received a lovely letter from Anne Morrow Lindbergh thanking us for reprinting her speech in our January issue. She'd like us to point out that her sister, Constance Morrow Morgan, did the research, and has done a complete book on their mother, Elizabeth Cutter Morrow. It is available from Smith College.

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What's Happening



Gene Shalit

Fresh from triumph on both stage and screen, Anne Bancroft talks about stardom and her marriage to the irrepressible Mel Brooks.



It is remarkable—meaning it rarely happens—for an actress to have enormous hits on stage and screen at once. But Anne Bancroft has had such a triumph, living the kind of year most actresses just dream of. She's had a huge success on Broadway as *Golda*, and she's been acclaimed for her movie performance in *The Turning Point*. (Her past includes the double honors of Oscar and Tony for *The Miracle Worker*.) I visited her recently in her dressing room at Broadway's Morosco theater for an afternoon's talk, a dressing room without the usual star spangles of star-look-at-me-dom, just a nice homey tiny room with lots of nibbleable polly seeds on the makeup counter. I began, as is my wont, to ask her questions in italics:

When I look back on your crowded career, I notice there is nothing from 1970 to 1974. Where were you in those four years?

I met Mel Brooks.

Ah-ha!

He took up a great deal of my time, as he can do. I was with him and I was also having his son. Those two guys really took up my time.

Do you remember your first meeting with Mel Brooks?

I was rehearsing a Perry Como TV show at the Ziegfeld Theatre in New York and I was singing a song called "Married I Can Always Get" and dancing away and singing and I heard a voice yell out from the darkness, "Hey, Anne Bancroft, I'm Mel Brooks." I want you to know that in two years no man had *ever* approached me with that kind of aggression. I'd just done *Two for the Seasaw*, and *The Miracle Worker*, and people were very scared of me, especially men. And this aggressive voice came out from the dark and I thought he would be a combination of Clark Gable and Gary Cooper and Robert Redford, but it turned out to be Mel Brooks. And he never left me from that moment on. He'd say, "Where you going?" I'd say, "I'm going to see my agent at William Morris." He'd say, "So am I." I'd say "I'm going to that delicatessen." He'd say, "So am I." No matter where I said I was going, he was too.

Then how did he propose?

He *didn't!* I proposed to *him!* After three years of going together I said, "I think it's about time!" And he said, "So do I, let's go. We'll get a Wasserman and we'll get married." That's how romantic it was. You were expecting a big answer, right? It was that simple.

You're Italian and Mel is Jewish. Has that posed any significant problems in your marriage? I mean do you go to church, but on Friday night?

Neither of us has been terribly religious, except when my child was born. Then suddenly, I *had* to baptize my child and Mel was very good about it. I said, "I'll let him be bar mitzvah, if you'll let him *(continued)*



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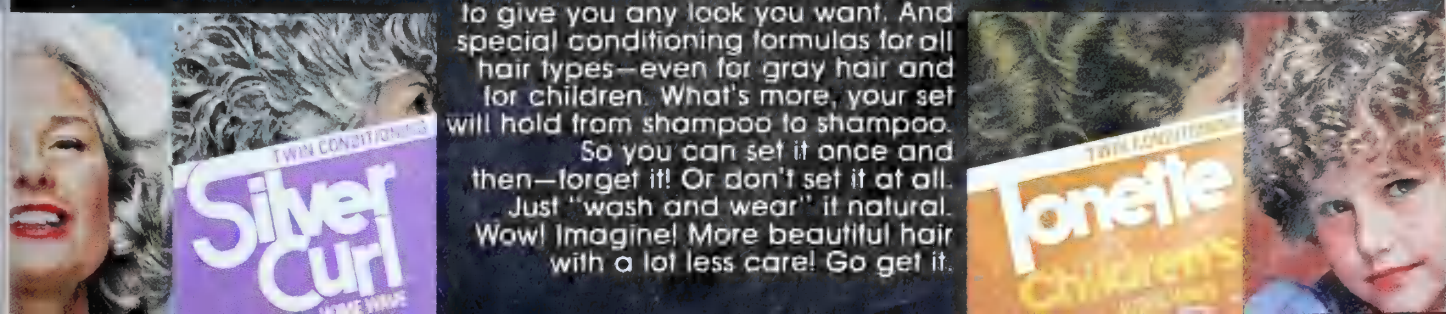
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What's Happening

continued

be baptized." So we made that barga

Do you love the work that Mel Bro does?

I do. I love it very, very much.

Mel's pictures—Blazing Saddl Young Frankenstein, High Anxiety—*terrific comedies, and whenever I'm w him, whether it's on a street corner, at lunch, an interview—even on the te phone—I'm laughing. What's it like be married to him?*

He does make *me* laugh a great d of the time. That doesn't mean tha can't have a serious conversation w

(continued on page 1

GENE SHALIT RE-VIEWS

The American Friend tells the story of a n with nothing to lose hired to kill. Thoug ful, provocative, tense with suspense.

Annie Hall, Woody Allen's new movie, more than his best film; it is an event. Wl a treat! Diane Keaton is marvelous; Alle genius.

Bobby Deerfield may be big-name and hig ly publicized, but rarely has so much tal been tossed into trash.

Close Encounters is one of the most sp tacular movies ever made. The story of m terious UFOs builds to an emotional clim of celestial majesty.

Equus as a film is passive, whereas the pl fired the imagination. But still, this story a boy and a psychiatrist is a gripping m tery.

The Goodbye Girl, Neil Simon's latest hit a joyous comedy that flows with feelings a insights. Touching and marvelously mer

Heroes finds Henry Winkler on the razo edge of post-Vietnam stability. Not for p teens or Fonz fans; others may well be dra to cheers.

Julia, based on a story by Lillian Hellma stars Jane Fonda, Vanessa Redgrave a Jason Robards. It is complex, intelligent a heartbreaking. Fred Zinnemann directe his work is a gem.

Looking for Mr. Goodbar floods with cha acters that claw the nerves. It is harrowi and you may be offended. But star Dia Keaton ascends to acting's hall of fame.

The Man Who Loved Women is an exce tional film from François Truffaut about man who's motto seems to be "once mo with feeling." Touching, funny, pathet irresistible.

Oh, God stars George Burns as you-kno who. An amusing trifle and a neat scri Burns is . . . yes, divine.

A Piece of the Action, a comedy-myste starring Sydney Poitier and Bill Cosby, pleasant entertainment.

Semi-Tough stars a sunny, funny Burt Rey olds in a romantic comedy that may stri some as raunchy; others will find it a ple sure.

The Spy Who Loved Me is one of the mo amusing and lighthearted in the James Bo series. What fun!

Star Wars is a super picture filled with ima ination, humor and joy, with stunning effec that use the visual power of pictures to pr vide pleasure. The whole family will have holiday.

The Turning Point stars Anne Bancroft a Shirley MacLaine and is quite simply one the great movies of the year. Bonus: Barys nikov in brilliant ballet scenes.

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Mom, I need new ballet slippers.

They need me.

When we got married, we said my income was for extras. We didn't want to be dependent on it when we had children. Well, we have a daughter now—and it's a *good* thing I went back to work when she went to school.

With the cost of day-to-day living, we couldn't possibly afford our house, let alone put money aside for her education on only one income. If anything happened to me, my family would have to make a lot of difficult adjustments—especially Jenny. That's why I have my *own* piece of the Rock—Prudential insurance—to help make sure they can live as comfortably as we do now. They need me.

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Spending Your Money

Sylvia Porter

A will may be the most important document you will ever sign—but too many husbands and wives know too little about its in's and out's. Here are some valuable tips.

Where should we keep our wills?
Where they can be found immediately and easily by your executor! They should not be kept where they can be forgotten, lost, mislaid or stolen. This means your will should *NOT* be kept in your safe deposit box, for on your death, this box may be sealed—even though you hold the box jointly with another person. Should this happen, your executor would have to go to court to get permission to open the safe deposit box to search for your will. And this could be an utterly unnecessary complication at a terribly difficult time. Keep your will at your attorney's office and he will put it in the office safe. Or, if your executor is a bank or trust company, give it to your executor for safekeeping. Then put a copy of your will in a safe place in your own home and tell your key beneficiaries where that place is.

What's wrong with making out a will yourself? That's what I've done because I want to leave everything I own to my husband. I don't need a lawyer to say that!
Yes, you can fill out a simple, do-it-yourself form that costs a dollar or two. But do so at your own risk. If you make any errors, they may be discovered only when it's too late for you or anyone else to correct them.

There are certain formalities involved when lawyers draft a will. They may seem ridiculous, but if you omit any of them, your will may be worth less than the paper you write it on. Among the formalities: 1) A whole will can be voided if a single page is missing, replaced or out of place; 2) If your will is handwritten, no typewritten, printed or stamped material can appear on the paper. 3) A change, addition or deletion, not shown to have been made before you signed your will (as could be shown by initialing), may void a provision or even the entire will. 4) A will may be entirely void if any writing that disposes of property is placed after the signature. In any case, the added provision has no effect. 5) You cannot void a will just by writing, "This will is void" at the end and signing your name. You must cancel it with the same formality that you draft the will—or destroy the documents entirely. A final note: the courts do not like standard forms for a will and good lawyers rarely, if ever, use them.

What should a simple, no-nonsense will cost?
On average, fees may vary from $35 to $150, although the fee will be more, of course, if you're writing a complicated will. Check the fee with the lawyer you're consulting in advance of writing the will, and if you wish, ask to see a fee schedule at your local bar association.

My assets are mostly in U.S. savings bonds. How do I handle them in a will?
You don't. You already have named the beneficiary or beneficiaries of your U.S. savings bonds, and therefore you already have disposed of these assets. You also cannot dispose of such assets as your life insurance or your pension benefits, for presumably you also have already named the beneficiaries for these assets. Of course, you could name your estate as the beneficiary of your life insurance policies and thus guarantee that the proceeds will be distributed as your will dictates. But if you include a large amount of insurance in your estate, you will increase the cost of administering it. It's much better, faster and less expensive to have your life insurance proceeds go directly to the beneficiaries you designate.

Other assets which you cannot dispose of through your will are: Property which you expect to inherit but which you did not in fact receive before your death; assets over which you lose control after your death, such as income from a trust to be received by you only during your lifetime.

All the property we own is in my husband's name. Why should I go through the bother of writing a will?
Your will is just as important as your husband's, even though you feel you own "nothing." In fact, your will may be the most important single document you sign in your lifetime and you should not delay in asking your family lawyer to prepare a will for you that does not conflict with the provisions of your husband's will.

Even though you say you own absolutely no property, you probably will inherit a portion of your husband's property at his death and you must have a will of your own for the redistribution of *that* property. You may beat the statistical probabilities and die before your husband does, and if you die without leaving a will, the laws of your state can work just as much to the disadvantage of your children as if your husband—I gather he is the family breadwinner—died without a will. If you and your husband were to die simultaneously (in an auto or plane crash, for instance), under your will, you can name the guardian and/or trustee who will care for your minor children and/or family property. Only with a will can you be sure to avoid the bitter custody battles among *(continued)*

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Spending Your Money

continued

relatives that almost always deeply hurt your children both emotionally and financially. And are you so sure you own "nothing"? What about valuable jewelry, furs, paintings, heirlooms—as well as stocks, bonds and real estate your husband may have put in both your names? Don't you want to be sure these end up in the possession of the people you want to leave them to?

My husband and I have two sons. One is a huge financial success; the other, a professor at a small college who hardly earns enough to support his wife and four children. How can I protect that son in a will?

You can do precisely what you want to do in your will simply by disinheriting your wealthy son and leaving your entire estate to your poor son. Your will is the ideal document through which to do this—and another reason you should write a will as soon as you can! A lawyer will help you state specifically in your will your reasons for cutting off one son and favoring the other. There may be many other reasons you would want to be specific about disinheriting close relatives, but you'll achieve nothing without a will.

I've had a will for a long time, and I haven't had any reasons to revise it. Are there any guides to when a will may need revision?

You may think you have no reasons to revise your will, but I wouldn't be comfortable unless I reviewed my will periodically to make sure it was up-to-date. Ask yourself these revealing questions:

Has a child been born into your family since you made your will? In most states, this after-born child will receive a share of your estate—even though your will may provide nothing for children born before it was made. Was your will properly witnessed? A man owned property in three states, so he carefully had his will witnessed in all three. But each of his three witnesses had acted alone without either of the others being present. Result: the will was invalid in all three states. Where is your legal residence? If you now divide your time between two states, both may claim you as a resident for purposes of death taxes. If they do, your estate will be involved in expensive litigation and it may have to pay taxes in both states. Has your marital status changed since you made your will? If so, ask your lawyer what you should do about altering it.

If you have acquired a business interest, have you provided for its disposition at your death? If your interest must be sold in a hurry to pay death taxes, it may be sacrificed—and your family may be badly hurt. Is the executor (or the executors) you have named still appropriate for the job? The commission for executing an estate is fixed by law and is the same whether done by a bank or an individual. Since the duties are complex, a sound decision may be to avoid a relative or friend and to name an objective institution or attorney as executor. Look into this matter before you select yours.

These questions are primarily designed to intrigue your interest. The key to all other keys is to ask yourself periodically whether your will needs revision.

I've been living with a man for five years. We are in love and committed to each other. But both of us had an unhappy marriage and neither of us wants to marry again. Since we have few assets and much of what we own is in both our names, we don't see any reason to write wills.

You couldn't be more wrong! Just because you are single and so committed adds to the urgency for you to write wills to make certain that assets *(continued on page 128)*

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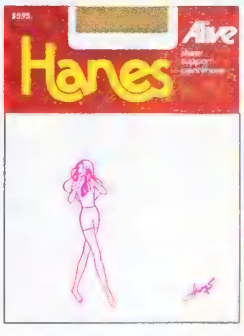
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The Working Woman

Letty Cottin Pogrebin

What does working together do to—and for—a marriage? A report on four couples who are putting their relationships to the job test.

"Mom and Pop" businesses have a long history in America. On a family farm or in a grocery store or restaurant, wife and husband have split the chores.

Today, industrialized farms, supermarkets and fast-food chains have made such operations rare. Taking their place is a new kind of career togetherness, in which a couple's efforts to earn a living are linked to their shared goals, ideals and achievements.

SHARED MINISTRY

The Rev. Ann Coburn and the Rev. Michael Coburn, both 28, are team ministers at St. James's Church, a 2,100-member congregation in Danbury, Conn., where they share the job of assistant rector. Last December, more than a year after the Episcopal Church voted to ordain women, the Coburns became the first married couple to be ordained into the priesthood together. "If the Church had decided that Ann couldn't be ordained, I can't believe I would have gone ahead," Mike says.

When they married seven years ago, Ann and Mike pursued separate careers: he was a social worker, she a schoolteacher. Then, as individuals and as a couple, they both decided to enter the Church Divinity School in Berkeley, Calif.

After graduation, each worked part-time in separate churches in different towns. "It split us as a couple," Ann recalls. "We couldn't go to church together the way husbands and wives should. We were serving two communities and we couldn't support one another in our work. Mike and I have different strengths and weaknesses: he's a better preacher and I'm better at counseling. So we realized that we could expand one job and offer more as a package than a church could get from one person."

Most people have never seen a woman priest, and the idea of a clerical couple working together is totally new. Nevertheless, the St. James's congregation seems to have accepted the Coburns, who are quite firm about wanting to be treated equally.

"If someone comes in looking for a priest and I'm here, they get me or they get nobody," Ann says. "I won't tell them to come back tomorrow for the male priest. Most people don't care about gender, they just want good spiritual counseling. Some actually seek me out because they've never before had the option of talking to a woman priest. Couples and families really appreciate our team counseling.

"We talked for a long time about working together," said Ann. "We knew the risks. Our marriage is constantly on display, but we're comfortable about it. We probably have fewer disagreements than most married people because we're together so much that we can deal with a problem the minute it develops instead of letting it build up all day long.

"Another advantage of splitting one full-time job is the flexibility it gives us. When we have a family, Mike and I want to be involved equally with the children—just as we are in our work. My motherhood may change people's attitudes. For example, the vestments will make my pregnancy less obvious, but if it offends anyone, I'll probably take a leave during the last month or two. Although I haven't had to defend myself here as a woman, I feel more is expected of me than of Mike. They take him for granted."

MARRIAGE AND LAW PARTNERS

Brenda Feigen Fasteau, 33, and Marc Feigen Fasteau, 35—both active feminists—use her "maiden" name as their middle names. They met in the class of '69 at the Harvard Law School, got married, then went their separate ways professionally. Marc joined a small law firm, worked in George McGovern's presidential campaign, then took off 18 months to write *The Male Machine*, a book about masculine roles and values. Brenda joined a big law firm, quit to help start the Women's Action Alliance (a referral service), then worked as a staff attorney and co-director of the Women's Rights Project of the American Civil Liberties Union.

In July 1974, when Brenda was five months pregnant, they opened a law office together in New York City—without a client between them.

"We'd always wanted to work together because we worked well together in law school and as cooperating attorneys for the ACLU," Brenda explains. "Our initial fears about our practice were financial, not personal. We respect each other and enjoy bouncing ideas off one another—and when we disagree, we don't make a decision until one of us manages to persuade the other. We used to talk about our cases to the exclusion of nearly everything else. But since our daughter Alexis has become a talker, Marc and I can barely exchange a coherent word at home."

Both lawyers handle matrimonial cases, general litigation and some constitutional law, while Brenda focuses on sex discrimination, literary and entertainment cases, and Marc concentrates on corporate and securities.

"The disadvantage of working together is the same disadvantage we'd have in any small firm," says Marc. "We can only specialize in a few areas, *(continued)*

Ah-h bra lite. You owe it to your T-shirt.

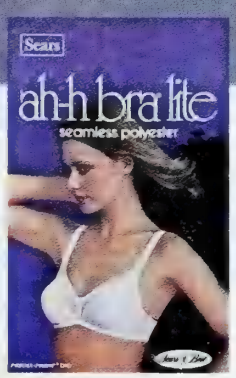
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less fabric, more you.

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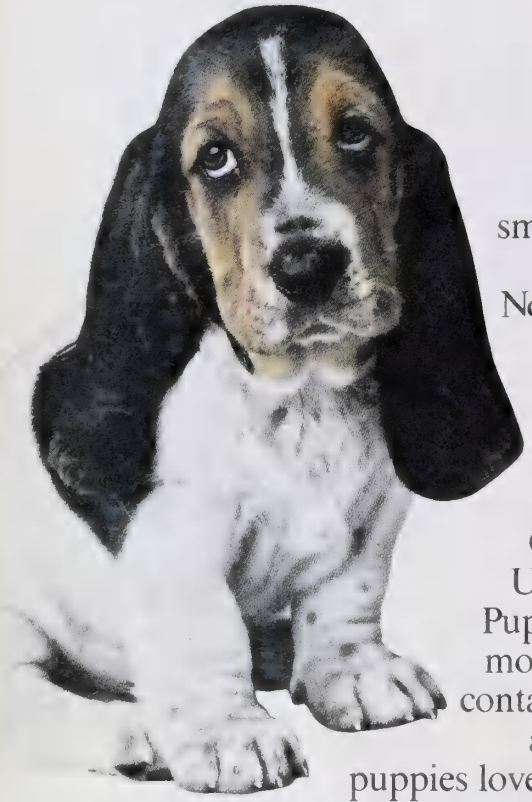
THE FASHION PLACE

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Think of it as baby food for puppies.

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continued

and for some projects we need mor
pertise. The best thing about our
situation is that we know each other
well and can communicate with
plete frankness in shorthand phrase
be comfortable in any number of
situations. At the moment, practi
with Brenda is lots of fun, but I
feel locked into it forever."

Brenda isn't sure she wants to be
ing this five years from now, ei
"There's one practical drawback to
ing together," she says. "If one of u
cides to leave our firm, it would s
up two careers in one household."

One new career for both

In the summer of 1974, Rae Mill
(ex-Peace Corps worker, commu
volunteer and "professional moth
and Howard Millman (Ph.D. in ed
tion, teacher at the University of M
land), answered an ad for a wife
husband to host a Baltimore TV s
When given a role-playing assign
"to fight about something," the Mill
picked in-law problems, because
agree on politics, parenting and al
everything else. Out of 75 appli
couples, they got the job.

"Howie and I differ in style, not
stance," says Rae. "I'm quick-tempe
I want instant results and I worry a
what people think of me. Howie is
tle and relaxed. So we balance each
and give each other energy. I've
told that my speaking voice is mor
fective on TV than his, but he's a
daring interviewer: he's willing to
risks without worrying about embar
ing himself."

"I felt we had a symbiotic relation
with our audience," says How
"Whether our subject was child a
or part-time jobs, we could almost
the viewers being helped."

The show went off the air in 1975
it gave the Millmans the taste for w
ing together—and the dream of doi
Saturday night talk show with crisi
tervention techniques. Right now
do biweekly TV segments on paren
lead private workshops on parent
cation, and share the parenting of
three children.

Bonnie and Jim Singer (not their
names) lived a hectic life in a large
city. He was in real estate and she
a former actress turned full-time mo
He was overworked, overweight
only saw his family on weekends.
year they both turned 40, Bonnie
gested that they ditch it all, find the
fect Caribbean island and together
and operate a small resort—the kin
low-key, tasteful place they had
been able to find.

(continued on page

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Car Seats for Kids

Ralph Nader

Too many youngsters are killed or hurt in auto accidents because child-restraint devices—car seats—were either not used . . . or used improperly. Here's advice on the best ways to protect that important little passenger.

A young mother from Minneapolis writes me: "How do I restrain my three-year-old in our car when so many confusing claims are made by the manufacturers of car seats and harnesses?" The question is a good one—and one that not enough parents are asking.

In a recent survey by the Insurance Institute for Highway Safety, covering about 5,000 cars, 93 percent of the children observed were not restrained. Of the few child restraint devices seen, 16 percent were not used and 73 percent of those used were not being used correctly. And even when the driver (often a parent) was wearing a seat belt, more than 86 percent of the children in those cars were not restrained.

This deplorable state of affairs is widespread, and helps account for the more than 1,000 car fatalities and approximately 150,000 significant injuries sustained every year by children under five years of age.

All automobiles now come equipped with shoulder harnesses and lap belts. But small children and infants require specially designed restraint devices. Department stores, juvenile specialty outlets or auto dealers offer a bewildering variety of infant car beds, protective shields, rearward-facing seats (the child faces the car seat, not the window) and safety harnesses.

The federal government's standard for such devices is seriously inadequate and incomplete. After a delay of several years, the National Highway Traffic Safety Administration's new standard, based on many tests of child restraint systems, is about to be proposed. But it will not go into effect for months.

As of this writing, however, devices for infants too small to sit up by themselves are not even covered by the existing, weak standard. Moreover, the government has permitted companies to sell off their inventory of old devices. For instance, a child seat that hooks over the regular automobile seat could not be manufactured for sale under a 1971 federal rule. Unfortunately, the leftover inventory was on sale for at least three years after that.

In a car crash, children who are unrestrained may be thrown against the hard interior of the vehicle or ejected through doors or windows. Many people think they are protecting small children by holding them on their laps. But a 30 mph head-on crash is like falling three stories. And if the person holding the child is not wearing a seat belt, the child may be crushed between the holder and the car interior.

When not used properly, infant carriers and car seats can lull parents into a false security. If instructions are not followed exactly, a child's car seat could function as a launching platform—and, as Dr. William Hodden of the Insurance Institute for Highway Safety puts it, fling the child into upper parts of the vehicle interior, possibly resulting in even more severe injury than would result had the child been sitting unrestrained on the vehicle seat."

Generally, small children are safer in the back seat than the front—and the center back seat is the safest. But the rearward-facing child seat in the front seat minimizes the enhanced exposure normally received in that position during a crash. A recent study by the Swedish Traffic Research Institute reported high acceptance of these seats by parents in Sweden. More than 300,000 rearward facing seats already have been sold in Sweden. Not one of those 300,000 seats has been involved in an accident in which a child has been killed due to crash injuries.

If child restraints are not available, parents should use the regular lap belts in the car. In newer model autos, the three-point belt often can be adjusted down to fit many children under ten. If the upper-torso belt does not fit, it should be placed behind the child. A proper fit means that the belt goes across the child's chest and shoulder, *not* across the neck, face or head. When this is not possible, the child should be moved to a center or rear seat where a simple lap belt can be used.

Starting with large cars in the year 1982 and extending to all cars by 1984, all automobiles will be required by law to contain passive restraints such as air bags. Thus, children as young as three years of age will receive front seat protection. But children under three will still need specialized restraint devices.

For more specific information on the child restraints presently available, there are three sources: 1. Physicians for Automotive Safety has a list of crash-tested devices and indicates the kinds of retail stores that carry them. For a copy of this easy-to-read pamphlet, "Don't Risk Your Child's Life," send 25¢ and a stamped, self-addressed long envelope to PAS, 50 Union Ave., Irvington, N.J. 07111; 2. Consumers Union periodically tests these devices and rates them in its monthly magazine, *Consumer Reports*; 3. The U.S. Department of Transportation, Washington, D.C. 20590, has tested child restraint devices, but it is not releasing the data to the public in a form useful to purchasers. It also has available a free publication titled, "What To Buy In Child Restraint Systems," which is not as up-to-date as the PAS material and does not list brand names. **End**


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Beauty Journal

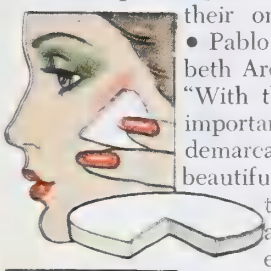
Spring's on the wing, and we're musing about slimming, standing tall and special makeup tricks.

POINTS FOR PERMANENTS

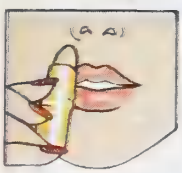
With the current craze for curls, crimps and body waves, many of us are getting the very first "perm" of our lives. And since one has to deal with these sudden swirls and twirls differently, here's some special advice: A permanent actually changes the internal structure of your hair. Chemicals in the wave lotion soften and swell the shaft, breaking down the keratin linkage. This enables the hair to mold in the desired shape. 1. Wait at least 48 hours after your perm before shampooing your hair. This gives it time to "settle in" and will insure a longer-lasting curl. 2. Use one of the acid-balanced, low-pH shampoos on your chemically treated hair. 3. Apply a creme rinse after each shampooing, the Helene Curtis Hairstylists Advisory Board suggests. 4. Water will help your hair spring back to life between washings. Just spray dry hair with water (or mix in a tiny bit of creme rinse), then fluff with your fingers. 5. If you're letting your hair dry naturally, don't run a comb through it while still damp. Combing straightens it, makes it look frizzy. 6. Get a deep conditioning treatment at least once a month to keep your hair shiny and healthy. 7. Work with a larger, wider-toothed comb. To fluff up the curl, comb from underneath, lifting as you go toward the ends. 8. Avoid old habits of using a blow dryer and hairbrush for styling. This twosome dries out, pulls and stretches your hair—weakening the curl. Best way: air dry and finger comb. 9. Cutting down on haircuts in hopes your perm will last longer isn't part of your picture. Go the minute your hair doesn't fall right.

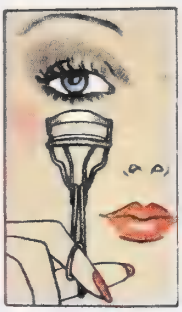
HOW THE PROS WORK

Professional makeup artists, who work both on famous models and ordinary faces, always have a few tricks up their sleeves. For new tips, we queried three well-known artists to find out their one absolute favorite makeup tool.



• Pablo Mazoni, Creative Director of Elizabeth Arden, said, "sponges," illustrated left. "With the new paler colors for spring, it's important to blend subtle color without any demarcation. Also, sponges 'set' makeup beautifully." • Sharon Slattery, a free-lance artist, opts for an eyelash curler, at right. "It opens up the eye, giving a lovely wide-eyed look, maximizes the effect of makeup and makes lashes look longer, too."





• Sally Somers-Kaplan, of Stagelight Cosmetics, works with a coverup stick around the lips to hold lipstick, hide those little lines, lower left. Just apply all around lip edges. "It takes about ten years off your lips," she says.

BEAUTY NEWS

When you cry "Help!" new things to come to your rescue. • Spot on your face? Quick, a handy blemish control stick. "Dab and Dry" by Sally Hansen; .45 fl. oz., $1.95. • If you have sensitive skin, a scent in your soap is simply no fun. Soothing unscented dry-skin soap by Neutrogena; 3.5 oz., $1.50. • All of nature's in a delicate balance—and your hair's no different. To keep it healthy, new acid-balanced "Solve" anti-dandruff shampoo by Redken; 4 oz., $3.50 at salons. • Breaking out-of-step—a conditioner for *before*, not *after* shampooing. Reverse order means less coating, fewer split ends. "Beyond" by Alberto Culver, 8 oz., $1.89. • If your hair has really skidded downhill, you'll need aid such as "Ultra Rich Deep Conditioning Treatment" by L'Oreal; .4 oz., $3.29.

Border by Julia Noonan. Drawing by Thea Kliros.

EXERCISE OF THE MONTH



Q. *Can you suggest an exercise for round shoulders? Even when I stand the straightest, I'm aware of a definite curve. I'd like a nice straight back like all the actresses you see on television.—B.S., Bayshore, N.Y.*

A. Round shoulders are related to posture and how you carry yourself. The first step is to become aware of when you're standing badly—and how to correct this. Try standing with your feet slightly apart, lift your rib cage and arch your head backward. At the same time, push down with the palms of your hands. Hold for 15 seconds. Relax and repeat. By doing this exercise, you'll soon feel a new alignment of your shoulders. Repeat as often as you want.

LOOK TRIM AS YOU SLIM

If you're on a serious diet (more than 10 pounds) or just about to start one (isn't everyone?), here're some hints on looking better while losing. • Avoid extremes of hair length —either sloppy long or too too short. Most flattering is right at the chin. That medium length looks tidy, organized and above all, determined. • Stand up straight. Most exercise instructors harp on this concept: Posture alone can make you seem ten pounds lighter. Spine straight, buttocks tucked under, rib cage lifted, shoulders down and head up high. • Put off your alterations until your clothes are swimming on your body. Great for the ego. Instantly shows you and the world how much you've lost. Anyhow, today's fashions are big, soft and comfortable. • Buy a pair of over-sized sunglasses. The proportion will make your face seem smaller, thinner. Also, get into higher heels. You'll feel taller, look longer in the body. • All the 6 ft. tall, 115 lb. models have that "hollow cheek" look. You can manage it with a streak of deeper blush under your cheekbone—for a sharper, thinner angle to your face. Happy willpower!



Thanks, Easter Bunny!



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Psychiatrist's Notebook

Theodore Isaac Rubin, M.D.

Is it true that most men are promiscuous? What do dreams about dying really mean? Why are some people more creative than others?

My mother is 81, and lately has been showing increasing signs of confusion and loss of memory. What can I do to help her?

She must have a thorough medical examination, and any problems that exist must be taken care of. She may, for example, need medication for high blood pressure; or guidance for a proper diet.

It is very helpful for elderly people to participate in family activities so that they do not lose their self-esteem or their interest in living and become chronically depressed. In order for them to continue to be interested in their looks, their clothes and their activities, they must have feelings of dignity and self-respect. It is also important to help older people remember facts and events that they may have begun to forget. This must be done gently, with compassion and patience. Any such reeducation is of value, even when things seem commonplace and inconsequential to you.

Does anyone really know why some people are more creative than others?

Since various theories exist, you can be sure that no one really knows the answer. Some "experts" believe that a person must be born creative—especially in the case of tremendously gifted individuals. And others feel that although talented people do indeed inherit creative genes, these genes are really "mutational accidents." Such creative people happen along on occasion and are radically different from the rest of the population.

I subscribe to the theory that all people are inherently creative, but that much blocking takes place. This blocking can occur because of unresolved inner conflicts, fear of self-expression, fear of failure, fear of success, feelings of self-hate and other neurotic inhibiting forces.

I know creative people who were brought up in families where individual proclivities and unique self-expression were encouraged and cherished. I know people who were not brought up this way, and I have seen them increase in creative ability as they progress in psychoanalysis and become free of the conventional "shoulds" and "should nots." When this happens, they show an increase in spontaneity, and sometimes they become aware of talents they had never known they possessed. One creative activity can lead to another.

Is it true that most men are promiscuous?

Much depends on what you mean by "promiscuous." For me, the term means the compulsive seeking of sex from random partners. This compulsion is always based on feelings of low self-esteem and on anxiety related to an uncertain sense of identity. Promiscuity exists among men and women alike, and among both the homosexual and heterosexual population. But the vast majority of people—including men—are not sexually driven and are not compulsively promiscuous.

Of course, both men and women are capable of being attracted to any number of people. What they do about such attraction largely depends on individual mores and values. The healthier the person, the more he or she is able to exercise choice rather than give way to compulsion in any area of human activity—and this includes sexual choices as well.

I've been dreaming a lot about dying. Does this mean I may die soon? I'm only 36, but both my parents died when they were very young.

I do not believe that a dream is in any way a prediction of the future, even though dreams can sometimes indicate our desires, and thus become self-fulfilling prophesies. Dreams tell us much about our inner selves, but the surface content of a dream must not be taken at face value. Each element may be symbolic of other people, places, events and feelings. And the same or very similar dreams may have entirely different meanings at different times in a person's life; by the same token, the same dreams may have vastly different meanings for different people.

The dreams you describe may be related to a fear of death and a preoccupation with death. These feelings may be connected to the early loss of your parents, rather than to a desire for death—let alone a prediction of death. But dreams such as yours also can indicate a feeling that something—a hidden talent, a strong desire, a hope—that is dying within you. At times we may wish that something in us would indeed be dead and forgotten. At other times we may fear losing a part of ourselves and really want to hold on to whatever it is we feel slipping away. In any case, the interpretations of a dream can only be accurate and of value when a therapist knows the dreamer and his or her history and associations. **End**

Dr. Rubin is a well-known psychoanalyst who practices in New York. He is also the author of "Reflections in a Goldfish Tank" (Coward, McCann & Geoghegan, Inc.). If you have questions you would like Dr. Rubin to answer in his column, please address them to him in care of Ladies' Home Journal, 641 Lexington Ave., New York, N.Y. 10022. We regret that only letters selected for use in the column can be answered.

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THE GOOD GUY

How often we lose love simply by trying too hard! A short story by Gertrude Schweitzer

It was a beautiful winter evening, still and dry, with a full moon glittering on the snow. Chris and I had been walking on an evening like this, the winter before, when he asked me to marry him. We did a lot of walking in those days, in all kinds of weather, and he often asked me to marry him. I remember how it was that evening because it was the evening I said I would.

Now the moon and the snow were out there again, but we weren't walking in it. I was looking at a blurred vision through the kitchen window while I washed the pots from dinner. Chris was looking at a televised hockey game with the boys.

I hated everybody. Myself for crying; a process that was not my style. Those three in there for leaving me to it. They didn't know, of course, but the boys would certainly not have cared. They might even have been glad. If I was unhappy, I might leave. An inconvenience in some ways, but they had gotten along without a resident female for the six years since their mother had died, and could again. Except for my usefulness as a cook, cleaner and laundress, I was only in the way. Which was why I was crying.

I even hated my sister, Lona, whom I hadn't hated since I was 9 and she was 13, and she told me I would fall out of the apple tree if I climbed any higher, and I did. She had warned me this time, too, and I hadn't listened either.

"It will never work," was what Lona had said. "You're too young to take on two boys who've been baching it with their father all these years. You're not much older than they are, Penny, or much bigger."

Lona tends to exaggerate to make a point. Joel was 12 and Rick was 10. I was 26. It was true that I wasn't a great deal bigger than Joel. He was very large for his age, tall and husky like Chris, while I'm small and light boned. But even I towered over Rick, who was short and slight, and as fair as I am. People thought he looked like me, but it was his mother he resembled.

"What has size got to do with anything?" I had asked Lona. "I'm not planning to wrestle with them."

Lona had said maybe I'd better.

I used her arguments to tell Chris I wasn't sure. I wanted him to say that of course I wasn't too young, of course we'd all be happy together, of course the boys would be crazy about me, of course I'd have no trouble with them. He said those things. He must have believed them. But I would have married him no matter what. I *did* marry him no matter what.

I met the boys five months after I met Chris. He picked me up at the gift shop I managed and drove me out to his house. He had designed the house himself—designing houses was his work—and it was lovely; long and low with clean, uncluttered lines. This was not the house they had lived in when the boys' mother was alive. Inside it looked as though no woman had ever stepped through the door. Everything was big and solid and brown. Everything was designed to withstand pummeling, bouncing, jumping, scuffing and dirt. Every room except the living room had a cork board on which were thumb-tacked game schedules, *(continued)*

Illustration by Jacqueline Adato

The E.P.T.™ In-Home Early Pregnancy Test is a private little revolution any woman can easily buy at her drugstore.

It is highly accurate. Millions of women today in 13 European countries use this testing method. Now its high accuracy rate has been verified here in America by doctors who clinically confirmed the results of tests performed by women themselves in their own homes.

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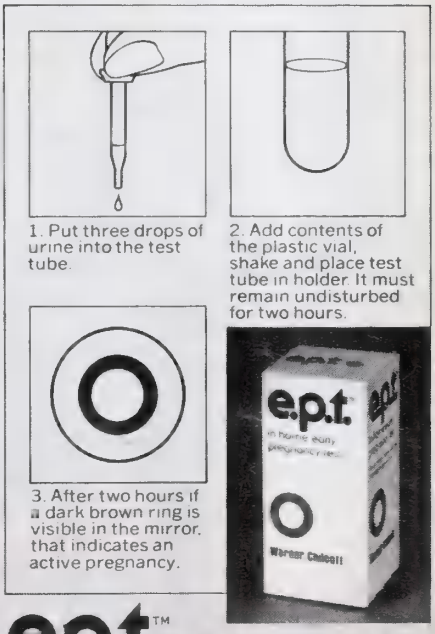
As soon as you become pregnant, your body starts to produce a special hormone—HCG. Starting on the 9th day after the date you expected your menstrual period to begin, there should be sufficient concentration of HCG in your urine to give an accurate reading of pregnancy. And that's all there is to it. Follow the test directions with care, and three drops of urine can tell you quickly and easily what you want to know.

If you get a positive reading, you can assume you are pregnant. Such positive pregnancy readings in our clinical tests proved to be 97% accurate. If your reading is negative, your overdue period should begin soon. If a week passes and you still have not started menstruating, you should take a second E.P.T. test because there may not have been sufficient HCG in your urine at the time of the first test, or you may have miscalculated your period. Negative readings on a first test are about 80% accurate; on repeat testing one week later they are 91% accurate. If your second test result is still negative and your period has not begun, we urge you to consult your doctor as soon as possible.

E.P.T. is very simple to do, but it is important that you follow the instructions carefully to insure an accurate reading.

E.P.T. Early Pregnancy Test gives women a new power, the power of time to help control the quality of their pregnancies.

The first 60 days are critical in fetal development. Improper nutrition, cigarettes, alcohol, even commonly used household medications can be harmful in these crucial first 60 days before most women even know for sure that they are pregnant. Now with E.P.T. you can know. Now, when you call your doctor, you have the results of your test to report. And time is on your side at last.





e.p.t.™ in-home early pregnancy test

At last, an accurate early pregnancy test that women can do at home quickly, safely and very easily.

THE GOOD GUY

continued

train schedules, forthcoming television programs somebody wanted to be sure to catch, pictures of football players and racing cars and baseball champions.

"It needs some changes," Chris said. After only five months he could read my face. Later on he had stopped looking that closely. "Three males on their own tend to forget functional isn't all there is."

The boys read his face and I read theirs. Anybody could have read theirs. Joel stared at my chin as though he saw something disgusting growing out of it. Rick couldn't stand looking at me at all. Changes? They wanted no changes. They wanted no part of anyone who made their father think anything should be different.

At dinner, cooked by Chris, Joel spilled a glass of water in my lap. Rick, who was subtler, pretended I wasn't there.

"It was an accident," Joel insisted.

"I didn't say anything," Rick protested. "How can I be rude when I didn't say anything?"

At my urging, Chris let it go. "If you had made too much of it, they'd resent me even more than they already do," I told him later.

"Give them time, Penny. When they get used to you and know you, they'll be crazy about you. They're loving kids."

They were not loving to me. I tried everything I could think of to win them over, and nothing worked.

"When we're married—it will be different," Chris said. "They'll see what it's like to have you around. They'll understand how empty the house has been without you."

"I don't know, Chris. I'm afraid."

I was afraid, all right, but I was more afraid of not marrying Chris. I loved everything about him. I loved his long, grave face. I loved the way he smiled more with his eyes than his mouth. He was a big, rugged man, but he treated his boys and me and others with gentleness, and I loved that in him. We were so right for each other. I was 11 years younger, but our hearts were the same age. We both loved music and books, dancing and people—and walking in the snow. He told me I defined his life. I knew he defined mine. How could I not marry him?

We had a beautiful, small, June wedding in the garden of the house. Joel and Rick collectively were Chris's best man. They all looked earnest and handsome, the big dark boy and the slender fair one, flanking their tall father. I felt a great leap of joy. This was my family. I loved them. It was going to be all rigl

But seven months later, washing pc in the kitchen and crying, I hated the I had done my best, but the boys st had no use for me. I was a disappoir ment to Chris. We couldn't talk a more. There was a distance between u Nothing was all right. I hated them you can only hate people you love.

"Everything's fine," I had told Lo on the phone, thankful for once that h husband's work had taken them ha way across the country, where sl couldn't check. "I don't know why y thought it was going to be such a pro lem. The boys and I get along beau fully. There's absolutely no friction."

Well, it depends what you mean l getting along. Friction there wasn't. N between the boys and me. Chris ma the rules, gave the orders, canceled pri ileges for misbehavior.

"They'll take it from you," I said. "I be the good guy."

I was the good guy. Nothing bother me. Nothing made me angry.

"I suppose you'll tell Dad," Joel sai when I caught him eating the cake I brought home for dinner.

"Tell Dad," Rick said, the time he l the tub overflow all over the bathroo floor. "Go on and tell him. I don't care

I didn't tell. I never told. I made g atin for dessert, and mopped the bat room floor. I cleaned up *(continue*

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Just because a puppy looks full grown, it doesn't mean he is. Our six-month-old Sheepdog is about six times the size he was at one month.

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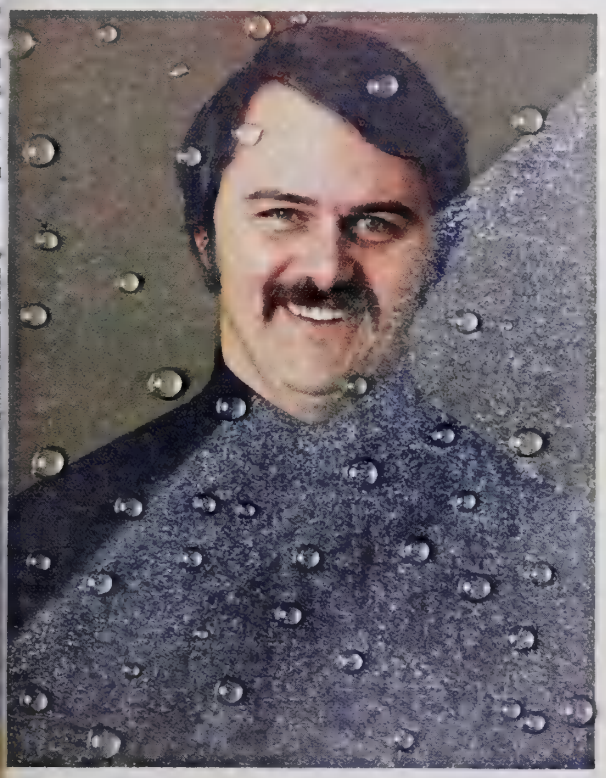
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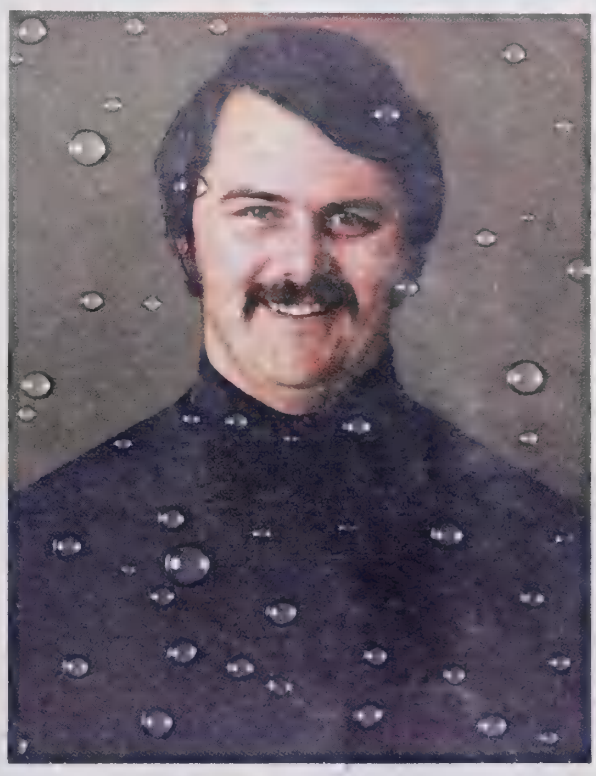


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Bill Huddleston



e above sentences are excerpts taken from hidden camera interviews of Huddleston. At that time, we asked him to bathe pictures of himself, the ones above, in his favorite soap and Zest® We also asked him to try st at home. He found out Zest made him feel cleaner than his soap.

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THE GOOD GU

continued

and tidied up and washed up after e body. Smilingly. At the shop, one o girls left because I screamed at h had never before lost my temper a shop.

But there was no friction betwee and the boys. There was not muc anything between us.

"What are you doing in here so l Chris asked from the kitchen door.

I blinked back what was left o tears, and put away the pot.

"Dreaming, I guess." I smiled at though the muscles of my face felt with reluctance. "Is it a good game

"Was. It's over," he said. "I tho you might come to see the end of it

I would have liked to watch all Washing pots was not something I dedicated to. I much preferred ga But when the three of them wer gether like that I left them alone. I d intrude. Hoping all the time, absu that one would call me to join ther

"I was dreaming," I said again.

Chris came and put his arm ar me. "Penny," he said.

I thought there was some kind of in his voice, but I wasn't sure. O would have known. Everything had clear and open between us once, b had clouded over. We pretended were a happy family, and we both k it was a lie.

"Penny, have you looked outside asked me.

"Yes," I said. "It's beautiful."

"Does it remind you of anything? turned me toward the window leaned his cheek down against my "Any other night like this?"

"Oh, yes," I said. "Yes."

"Let's go out, Penny. Let's tal walk." His voice lifted. "We ha walked in the snow since we married."

I laughed. I felt suddenly light, a breeze might float me. Chris took hand and we went in a half run, children, to get our coats and boots.

Joel came out into the hall with just behind him. "What are you doi

"Penny and I are going for a wal the snow," Chris said.

"Can't we come?"

"Not this time," Chris said.

If he had not mentioned the sno might have been all right. But snow i children. I could read their faces ag *You can't go out in the snow with strange woman and leave your own here in the house.*

"Let them come, Chris." I said.

I was the good guy. They ran ah pulling Chris with them, whip through the snow like a crazed tri-joi snake. There was a pattern *(contin*



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THE GOOD GUY

continued

t, something they all knew from other
ters. Various parts of the snake
ghed off and were re-attached.
wballs flew. Shouts that were unin-
gible to me seemed to convey pre-
signals to the three of them.
he snow had a crust on it, the way
ad had that other night. I could
ember the pleasure of breaking
ugh it at each step to the softness
eath, but I couldn't recapture the
sure now.
You won't be competing with their
nories," Chris had said. "Rick has no
llection of Joan at all, and she's just
gue shadow to Joel."
What about your memories?"
I have them. They're good memories.
was a lovely girl." He looked down
ne, his dark, grave face clear in the
nlight, and a tenderness in his eyes
stopped my breath. "This is now,
ny, and you're my love. You're you,
a replacement for Joan. You're the
I want to live my life with now."
knew I was not a replacement for
. Even in photographs her sweet,
llike quality came through. I had
on my own since Lona was married
our parents were killed driving home
her wedding. Small as I was, it
ld not have occurred to anybody that
eded taking care of. If Chris had
wanted a girl who did, it wasn't
t he wanted any more. I knew that,
I had had to hear him say it.
es?" He then asked me, "In the
en in June? I like corny weddings,
you?"
es," I'd said. "Yes." Yes to every-
g.

y were piling up snowballs now.
s going to be a battle, the two boys
ne side, Chris on the other. Chris
up a stock of big, loose balls that
d explode on impact. Joel's balls
firmer, but he was slow and inept,
an overgrown boy's clumsiness.
swiftly made a symmetrical mound
rfectly round, hard balls, and be-
hrowing them at Chris with an ac-
y Joel could not begin to match.
one threw a snowball at me—
er a carefully harmless one, nor an
rably skillful one, nor an endearing-
psided one. Chris looked at me
with one in his hand, and seemed
to throw it at me, but one of Rick's
m on the arm and he laughed and
l his at Rick. The boys had for-
n I was there.
m going back to the house," I called.
cold."
e'll all come," Chris answered.
o, don't. I have some things I want
."
rned and started back. Good guys



don't break up games. I left my boots outside the back door and went in through the kitchen, hung up my coat in the hall closet and returned to the kitchen to get out mugs and the makings for cocoa. I couldn't find the mugs at first. They were in the living room, where Chris and the boys had taken them to finish Chris's coffee and their milk while they watched the hockey game. Chris had put his down on a magazine, but I almost tripped over one of the others on the floor, and the third had left a wet ring on an end table.

I didn't touch anything. I just stood there, looking around that room I had agreed to live in maybe for the rest of my life. Everything in it was still big and solid and brown. I had bought a yellow vase for the mantel soon after we were married, and filled it with red dahlias, but Joel had said it was "lady's stuff" and Rick had thought it looked "dopey." Chris's scolding had brought on a storm of temper and tears out of all proportion to the incident, so I had waited until the dahlias faded, and then put the vase away and left the room alone.

"It's too soon to change anything," I had said to Chris, but I think I knew then that it was always going to be too soon.

I thought about going away. I could take time off from the shop and go to visit Lona for a while; let them find out how it was without me. But I had only been around for seven months. They

(continued on page 147)



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MRS. HALDEMAN SPEAKS HER MIND

In an exclusive interview, Jo Haldeman, the wife of Richard Nixon's top aide, H.R. Haldeman, talks for the first time about the White House years. How did her marriage change after Watergate—and who are the people she can, and cannot, forgive?... By Thomas Thompson

Joanne "Jo" Haldeman's husband, H.R. Haldeman, was the second most powerful man in America when he served as President Nixon's chief of staff. Now Bob Haldeman works in a sewage plant at Lompoc Federal Prison north of Santa Barbara, Calif.—a casualty of the Watergate scandal that ultimately forced Nixon to resign. To this day Jo Haldeman says she does not know exactly what caused Watergate, nor what the final implications of it will be. She leaves it to some future historian to determine who did what to whom.

Jo Haldeman refuses to say much of anything about the charges that her husband was part of a conspiracy. "I have the natural bias of a wife," she says. "I am prejudiced toward my husband because I believe in him. I think it inappropriate for me to comment further at this point in time." (Yes, she really does use that phrase—and often.)

For the moment, Jo can deal with waiting for her husband's release—Judge John Sirica, in his last act before retiring, cut Bob Haldeman's sentence to one to four years, making him eligible for parole in June.

Fate deals strange cards to people. By all rights—bloodlines, family tradition of service, social credentials—Jo Haldeman should be in her civic prime as she approaches 50. She is the kind of woman—tanned, tailored, thin—who does volunteer work through the Junior League.

Toward the end, when the Nixon presidency was toppling, she kept thinking: "This *can't* be happening to us. We respect tradition and we honor our system of justice." Perhaps these beliefs contributed to the one substantial disagreement that Jo and Bob had in the final hours of the scandal. Bob told his wife that he was going to ask President Nixon for a pardon—for himself, for all the Watergate figures, and for the Vietnam dissenters—"to take every albatross off of Gerald Ford's neck." Jo remembers the moment well:

"Bob was and is a pragmatist. Naturally, he didn't want to go to prison. I didn't want him to go to prison, either, but I was not in favor of even *asking* President Nixon for a pardon. I felt we had to stand on our own record and let the people judge. And to me, it would have been very uncomfortable to live with a pardon."

Recently, a friend suggested to Jo that she beseech Jimmy Carter for a pardon for her husband, or at least ask for executive clemency.

She refused. "It would be putting another burden on this President's shoulders. Why should he go out on a 'political limb' for the Watergate defendants? During Bob's absence, each day will seem like forever to me. But at least the end is in sight. I can wait." There is, she believes, "more dignity in serving time and accepting punishment than in asking for a pardon."

That is Jo Haldeman's old-fashioned, almost severely moralistic point of view. "I have tremendous faith and respect and love for my husband," she says. "He is a good and decent man. I think our lives will speak for themselves. They didn't begin with Nixon and they won't end with Nixon. But if people want to judge us and remember us by Watergate, then so be it. I can live with that, too."

Joanne Horton was a third-generation Californian and a popular member of the exclusive Marlborough School in Los Angeles when, at age 15, she met her husband-to-be. He was two years older, serious and a little stuffy. Her father was a prominent lawyer; his, the owner of a prosperous air-conditioning and heating business. Their families had the same friends, the same clubs, the same religion (Christian Science). When Jo and Bob were both at UCLA, they fell in love, and Bob's Beta pin found a place next to Jo's Kappa key.

When Bob pressed her to marry him before her graduation, she agreed. "I was not career-minded," she recalls. "I was expected to get married, raise children, keep a nice home and work in the community. I did *exactly* that. It seems so archaic now, particularly compared to what our children believe. For example: our oldest daughter told us that she intends to keep the Haldeman name when she gets married."

With his customary discipline—the rigid posture that would one day have the Washington press referring to him as a Teutonic commander—Bob Haldeman made a thorough survey of the business scene after his marriage and graduation. He wanted a career in *(continued)*

Photographs by Charles W. Bush



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HALDEMAN

advertising and he finally determined that the top of the line was J. Walter Thompson, Inc., in New York. He applied for work at the agency, was hired and settled into the executive position that would be his professional home for the next 22 years.

The Haldeman family grew in orderly fashion to include two sons and two daughters. Their home base was Los Angeles—specifically, the very proper section of Hancock Park. During the years in California, Bob Haldeman became interested in, and then committed to, the career of Richard Nixon. In 1962, Bob became the campaign chairman for Nixon's California gubernatorial campaign, and in the 1968 election, he worked as Nixon's chief of staff.

On Election Day, 1968, Jo and Bob voted early in Los Angeles, then flew with Pat and Dick Nixon to New York's Waldorf-Astoria Hotel, where they watched Republicans gain control of the White House. It had been under Democratic control since 1960, when John Kennedy shattered Nixon's dream. The next day, the victorious candidate and his entourage flew to Key Biscayne, Fla., on a plane loaned to Nixon by President Johnson.

As their husbands worked with the new President, organizing a government, Jo and Jeanne Ehrlichman, wife of Nixon aide John Ehrlichman, took a long walk on the beach at Key Biscayne. Both now knew that they would have to live in Washington. "Bob had high hopes about what could be accomplished. He really felt Nixon would be a great president. As controversial as his personality was, he had the makings, the potential for greatness."

But Jeanne Ehrlichman was more hesitant about moving to Washington. John had worked very hard getting his law practice started in Seattle. Jo sensed that Jeanne would have preferred to stay there.

The Haldemans took a furnished apartment at first in—of course—the Watergate complex, and later moved into a colonial house in Chevy Chase. The Nixon era began.

Jo Haldeman learned quickly that for the wife of a man who was chief of staff, political life requires a kind of total surrender. She *gave* her husband to the President. A White House car picked up Haldeman each morning shortly after seven A.M. and deposited him home again 12 hours later. There was usually an attempt at a family dinner—Jo insisted on this—but only Sunday nights were dependably private. On these special evenings, Bob cooked a California barbecue and the family dined *al fresco*—sometimes on the front porch in drizzling grayness.

The President's wife seemed rather insecure and lonely. "I don't feel that the President gave her much support," Jo says. "He was so involved in affairs of state." Jo remembers one moment of genuine warmth and tenderness between the Nixons. That was at their daughter Tricia's wedding, which was "perfect in every way."

Jeanne Ehrlichman, in particular, fretted about Pat Nixon's apparent loneliness. Pat seemed to have few friends, other than those in California who were rarely present. "Jeanne decided Pat needed *more* in her life," recalls Jo. "I always assumed that Mrs. Nixon was doing what she wanted to do. But Jeanne, who is very gregarious and enthusiastic, kept saying, 'What can we do for Pat?' "

Jeanne came up with the idea of asking her to join some of the wives on an outing to a country fair, "just to get her out of the White House, and do something unofficial and casual." The idea never worked out, though.

The same fate befell one of Jo's ideas, which at the time seemed to have exceptional promise. Jo looked around her and decided there were a dozen or so attractive and bright young women whose husbands worked for Nixon. Why couldn't these women be used as guides for certain functions at the White House? They could learn the history of 1600 Pennsylvania Ave. and dispense it to, say, special visitors from the U.S. or from abroad. "It never got off the ground," says Jo. Perhaps the administration, being so 'image conscious,' was afraid to use us. And it was clear that somebody was afraid we wouldn't give the Nixons enough credit."

But no one could stop Jo Haldeman from keeping a meticulous history of her own experiences in Washington. She filled thick scrapbooks with the intimate photos she took, and included her comments. And later she filled up hundreds of three-by-five recipe cards with anecdotes of people and events.



"Lompoc Prison has lines that Bob cannot step across until his release. But the walls at San Clemente are inescapable."

Both as photographer and amateur diarist, Jo had a good eye for minute detail and character:

"Bob's staff party aboard *Sequoia* [Presidential yacht]. Met John Dean first time, 9-16-71. Interesting man. 'Swinging' bachelor. Administration needs more like him."

"Camp David. Twenty trips, spent total of 54 days. Much to do there. Bowling, skeet shooting, volley ball, tennis, bicycle paths. We would use all these facilities freely unless we knew the President was coming outside. Then we'd scramble to remove ourselves!"

"Presidential helicopters: In Florida, Nixon would often begin a trip by personally driving his golf cart to the waiting helicopter. And once, in San Clemente, we lifted off in a storm. The 'copter shook so fearfully that we put down again, and Henry Kissinger said, 'If it wasn't for the honor, I think I'd prefer to take the bus.' "

"6-13-71. Ellsberg and the Pentagon papers. John Ehrlichman and Bob intrigued. Lunch aboard the *Sequoia*. Bob helped himself to plate of roast beef from buffet, caught his leg on the piano, lost his plate. It sailed clear across room like a Frisbee . . . a steward, walking through door, calmly caught the plate, keeping all food intact except for a shower of peas. Returned it to Bob. What service!"

Her scrapbooks contain provocative and amusing photographs. One shows a White House wife calmly reading a paperback aboard Air Force One. The title is clearly visible: *The President's Plane Is Missing*.

Another shows the Haldemans happily munching on an elaborate buffet of cold cuts and salads at Key Biscayne. This was not White House largesse; rather, it had been a gift sent to the President by friends and supporters. "Wherever the Nixons went," Jo says, "people sent food. For security reasons, the Secret Service wouldn't allow the President to eat it. So occasionally, *(continued)*

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HALDEMAN

continued

they sent it over to us." The king's tasters.

Jo Haldeman liked most of the women whose husbands worked for Richard Nixon, but Martha Mitchell caused mixed feelings. "I only saw her once or twice at parties. I thought of her sympathetically as a 'character.' Basically, though, I believe she was an embarassment to the administration. At one party, Martha started flirting with Bob; I think she considered him a challenge. But when she tried to sit in his lap, I knew that Martha had struck out. Nothing would turn Bob off more quickly. Overall, John Mitchell's attentions were really sweet toward her. He would just puff his pipe and look at her with admiration. He seemed totally devoted."

An outsider would surmise that Martha Mitchell breathed a little fresh air into the Nixon Administration by saying what she damn well pleased. Jo disagrees. "I think she was contriving to say what she thought the press *wanted* to hear. Martha enjoyed the attention and the publicity. Once she was visiting across the street from our house. Our youngest daughter, Ann, happened to be selling lemonade. When Martha heard about it, she came over and bought a glass of lemonade. But she also brought a photographer with her. Naturally, she got her picture in the evening paper."

All this, though, was relatively harmless. The days to come were difficult—and more dangerous for everyone. The first time that Jo can remember being *worried* about Watergate was on October 25, 1972, when *The Washington Post* ran a front-page article by reporters Bob Woodward and Carl B[ernstein] under the headline, "TESTIMO[NY] TIES TOP NIXON AIDE TO SECR[ET] FUND." It claimed that Bob Halde[man] had supervision over a $700,000 se[cret] slush fund. Hitherto, the *Post* articles the Watergate break-in had not cau[sed] much concern, other than Jo worry about their "public relations effect" the Nixon re-election campaign, the[n] its climactic moments.

"I was really concerned," rememb[ers] Jo. "I pressed Bob for an answer. He [was] amazed. He totally shrugged the st[uff] off. He said he might well have s[ome] authority to sign checks, but if so, [he] was totally unaware of it."

As Watergate grew darker, and a [climate] of concern enveloped the Wh[ite] House, the issues were discussed ope[nly] by the Haldeman family in a realis[tic] nonemotional way. "Bob was alw[ays] frank with me. He is totally direct a[nd] honest. Bob really thought *(continu*

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When Did You First Realize You Looked Older?

It happens to different women in different ways. Was it at the Cub Scout outing when you looked around and marvelled at how young some of the mothers seemed? Or perhaps you felt strangely out-of-place getting together



for an informal reunion with some high school classmates. Could it have been that brief moment when his eyes barely flicked to a younger-looking woman when you two went out to dinner?

No matter when it happens, it's startling to realize that you look older than you thought. And quite possibly older than you need to. Isn't it time you discovered the secret of the mysterious beauty fluid that can help a woman look younger by creating a moist climate for skin? This secret, shared by women in many parts of the world, is known in the United States as Oil of Olay beauty lotion.

Oil of Olay penetrates quickly, bringing your skin a wealth of pure moisture, tropical oil and precious emollients to help ease away dryness. It's dryness, you know, that accents aging little wrinkle lines. Soon after you apply the skin-loving liquid, Oil of Olay helps make these lines less noticeable. Other people will be able to notice the change.

Smooth Oil of Olay on your face and throat. Within moments you'll notice your skin grow softer and smoother. And your complexion has a marvelous renewed lustre and radiance, a look you might not have expected to see again. One of the beauties of Oil of Olay is that it doesn't leave a greasy afterfeel or look. So naturally it's marvelous under makeup. Or, if you like to go bare-faced, Oil of Olay gives a dewy glow, even without makeup.

Oil of Olay, working with nature in its own mysterious way, helps maintain your skin's natural moisture balance so your skin can be softer, more supple, younger looking.

Can you resist making Oil of Olay an essential part of your beauty ritual? If you're like most devoted users, you'll apply Oil of Olay every morning, either under makeup or to let your skin live in its own moist climate. Again every night, so the precious fluid can cherish your skin into quiet nocturnal hours. Any time during the day when your skin feels dry and you again want to increase its moisture level is a good time for gentling on Oil of Olay.



Isn't it exciting to look forward to the lovely possibility of looking younger? Who do you suppose will be the first to notice?

Beauty Secrets

Here's a dynamite way to do your face. Stroke on Oil of Olay. As it penetrates, you'll look radiant. Wonderful. Keep that fresh natural look—don't use even a smidgen of makeup on your face. But here's the surprise—do use dramatic eye makeup and luscious lipstick. The effect is sensational.

* * *

If you'd like your skin to look extra special for an important dinner party, do this. Smooth Oil of Olay on your face and throat. Now bend forward, letting head and arms hang loose. Keep the position for about five minutes. You're not only relaxing and loosening up...you're letting Oil of Olay create a marvelous moist climate for your skin. The result? You look glowing and deliciously dewy.

* * *

If you like to lie abed on an occasional weekend morning, reading the papers and catching up on letter-writing, that's a good time to give your skin and yourself some additional pampering. Shower, apply Oil of Olay® and then go back to bed with a goblet of iced orange juice and a mug of steaming black coffee. Glorious!

HALDEMAN

continued

Watergate was a minor issue compar with the other things the administrati was accomplishing. He simply unde estimated the magnitude of events. V kept thinking it all might pass. . . . least until the Ervin committee hearin started. I remember Jeanne Ehrlichm asking Bob during those hearings, 'I you really think we'll have to lea Washington?' And Bob nodded yes. H knew the end was approaching."

One of the first names to emerge being under investigation was Whi House aide Jeb Magruder. Jo's hea went out to the young man and to h family.

"I had never been to Gail Magrude home," Jo says, "but I decided to dr by and take her some violets and tell h how sorry I was for what was happe ing and how much I supported her. So after that, Watergate fragmented all us. When the press zeroed in on o person, everybody else had to stay awa So many fine families, who had be united by a cause, were now left alon defending themselves."

Open letter written

At the height of the scandal, Jo s down and wrote an "open letter" to the Watergate wives. They were the fo gotten victims, she believed. "My hea was aching for all these women. Th had suffered so much by surrenderi their husbands to the White House. No their lives were being destroyed. My le ter was a statement of support and co passion for these women. I guess y could say that I was ready to use, for t first time, my position, such as it was."

Jo almost mailed the "open letter" *The Washington Post* without showi it to her husband, but at the last minu she decided he should read it. Bob a preciated what she had written, but su gested that she check it out with h lawyer. When peppery, red-faced atto ney John Wilson studied the letter, h said, "Absolutely not! The moment th letter is published, then you are link with the break-in. You are tying you self to people you don't know and wi whom you may not wish to be co nected." Jo put the letter away.

The biggest blow to Jo came whe the tapes of Oval Office conversatio were released. She was upset—not on by the profane nature of the dialogu but because the tapes seemed to repr sent the sum total of the Nixon pres dency, when "so much else" was no being forgotten.

On Easter weekend, 1973, the Hald mans were at Camp David, and bot knew that it was their last visit to th lovely compound. A leave *(continue*

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HALDEMAN

continued

nce or an outright resignation seemed to be Bob's tions. Haldeman had been given a letter from Ray Nixon's speech writer, suggesting reasons why Bob resign.

is somewhat resentful of that letter because I wanted make up his own mind. I took a long walk by myself e asphalt road on the perimeter of Camp David. The ere out; the day was beautiful. I made up a list of ses and minuses of Bob's staying. The pluses out- d the minuses, so I argued for his staying on. I felt Bob's resignation would serve the presidency and the then well and good. Our wishes would naturally have . But I didn't think Bob's quitting would accomplish g except to give the press another statistic. And to arily take the pressure away from the presidency."

trial of H. R. Haldeman lasted three months, and on ear's Day, 1975, Jo made her last entry in a journal t. The jury was out deliberating when she arrived at rthouse. "In court by 8:45 A.M. It's a holiday. No traf- oty halls. No elevator or escalator working. Walked in dge Sirica and his marshal. First time that's happened. derie here in 'our' rooms. We all know each other much time together. Lovely day. Sun and clouds. Up egrees . . . 9:45: Lawyers go to judge's chambers for . We wait. Marshal suddenly announces, 'We have t.' My mind is blank . . . grab my purse and hankie aking my place in the courtroom. I'm between Jeanne man and Pam Parkinson. Thank heavens Jeanne has r her notes on that fabulous lesson, 'God, the Preserver .' I felt very uptight. . . . Cold and shaky. An unfor- sight to see Bob standing before the judge. . . . My closed . . . tight . . . when the verdict is read: *Guilty!* it would be, because it was reached so quickly. . . . Mardian [wife of Robert Mardian] very resentful. Bronx cheer. I'm concerned the press might think I one who did it.

othy points finger at the *(continued on page 149)*



Pretend
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and break open a bottle
of our Brandy Alexander.
Chocolaty. Creamy.
We've added the liquor.
You may want to add ice.
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he spirit of Marlboro in a longer low tar cigarette.



Who wants to diet on a weekend? Almost nobody, that's who! Here's a plan —designed especially for the Journal by the famous Diet Workshop—that lets you splurge every weekend, and still lose weight. By Lois Lindauer

Weekend temptations are hard to resist. But now there's a diet that lets you splurge on weekends and still lose one or two pounds a week. It's the Wild Weekend Diet, an easy eating plan that's flexible and fun. The Wild Weekend Diet works because, instead of worrying every day about calories, you concentrate on a weekly allowance of 8,400 calories, distributing them to fit your lifestyle better. During the week, you'll eat sparingly, but you can look forward to hearty meals on the weekend.

Here's the plan:

Monday: The week starts with a no-think, no-choice day. Monday means a 560-calorie menu that includes only three items: 1½ cups cottage cheese, 1 quart tomato juice, 1 lettuce salad with lemon juice or vinegar. You may have all three items at once, or divide them into small meals, but 560 calories are the limit.

Tuesday, Wednesday and *(continued on page 120)*

BREAKFAST

8 ounces tomato juice *or* ½ medium grapefruit
or ½ cup berries *or* ¼ fresh pineapple (½ cup)
¼ cup cottage cheese *or* 1 egg
½ slice bread
Coffee, tea

LUNCH

½ cup cottage cheese *or* 1½ ounces hard cheese,
or 3 ounces cooked fish *or* chicken
½ slice bread
Fruit (same as breakfast in choice and serving size)
8 ounces skim milk
Green salad with vinegar *or* lemon juice
Coffee, tea *or* diet beverage

DINNER

5 ounces cooked fish, chicken *or* 4 ounces veal, turkey
½ cup carrots, beets, onions, *or* summer squash
Green salad with vinegar *or* lemon juice
Fruit (same as breakfast in choice and serving size)
Coffee, tea *or* diet beverage



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Cat People

Cats may be catching up to dogs as the most popular American pet. Why? Because an increasing number of working couples find it easier (and more humane) to leave a cat at home than a dog. In this pictorial excerpt from a forthcoming book, seven famous women proudly pose with (and talk about) their cats. By Bill Hayward



This month's cover subject, Jane Pauley, shown here with her cat, Meatball, is pretty, wholesome, nice. But is that all it takes to land and keep one of TV's most desirable (and most lucrative—about $125,000 a year) jobs—as an NBC *Today* show regular? Some have said yes—that and luck. But Jane is determined to prove them wrong. Which is partly why this 27-year-old from Indianapolis prefers to relax in her New York apartment instead of partying with the famous. "I don't think it's terribly good for my image as a newswoman to be identified as a party-goer," she says. She does, however, think that the recent article on her sister Ann in a national magazine was good for her image: "More people now know that my sister (whom she considers her best friend) is a Phi Beta Kappa and a nuclear engineer. I like that," Jane says with a laugh. "It indicates there's intelligence in the family."

Preserving dignity may also partly account for Jane's reluctance to discuss her private life. She'll acknowledge that she and the Indianapolis reporter she dated exclusively for a few years, are now just "good friends." She'll admit that she's dating Garry Trudeau, the Pulitzer Prize-winning "Doonesbury" cartoonist. And then she'll apologetically, but firmly, change the subject.

She talks well on-camera—and now she's learned another important lesson: what *not* to say off-camera.

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continued

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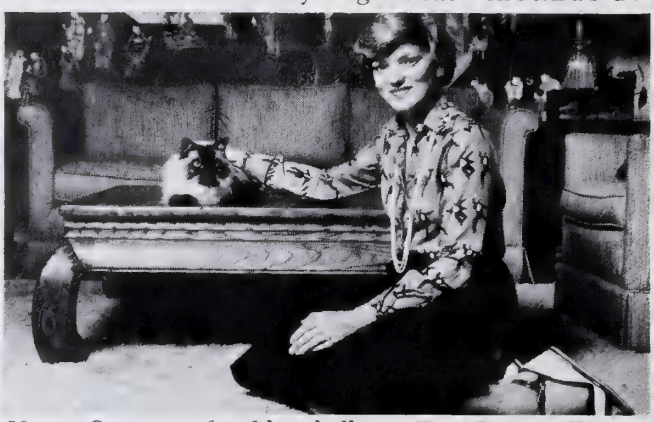
Betsy Von Furstenberg, actress and writer: I have always felt that my cat Minou was a reincarnated opera star. When I have opera on, she lines her kittens up on the bed, and they listen. Nobody will move until the music's over.



Eileen Ford, Vice President of Ford Model Agency: I'm especially insane for the all-American alley cat. They're street-smart and people-wise. The best thing about my cat Kiki is that I can tell her anything and she won't tell a soul.



Helen Gurley Brown, Editor, *Cosmopolitan* Magazine: Cats are easy to live with because they're so unobtrusive; they seem to fit into everything. I am a love object for my cat Samantha, and she for me. We're really a disgrace.



Nancy Seaver, wife of baseball star Tom Seaver: Ferguson is a total baseball cat, he's even named after Ferguson Jenkins, the pitcher. He goes with us to spring training in Florida, where life is one big sandbox.



Roberta Flack, singer, with her cat, Caruso: Cat people are very open. They can give affection without expecting any in return. And their homes are usually comfortable, casual and welcoming.



Louise Nevelson, artist, shown with her cat Raggedy Ann (and her friend Diana MacKown, left): My cats jump on things, but they never touch my sculpture. I think that there are vibrations that go into art that cats pick up.

Today, these people use Bufferin® because they're more careful.



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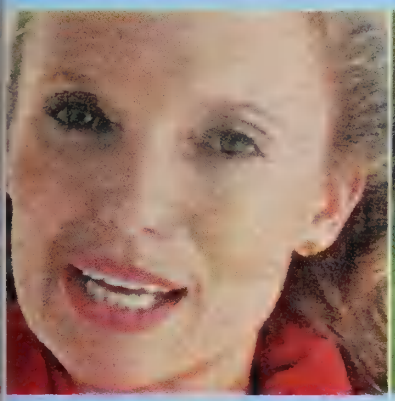
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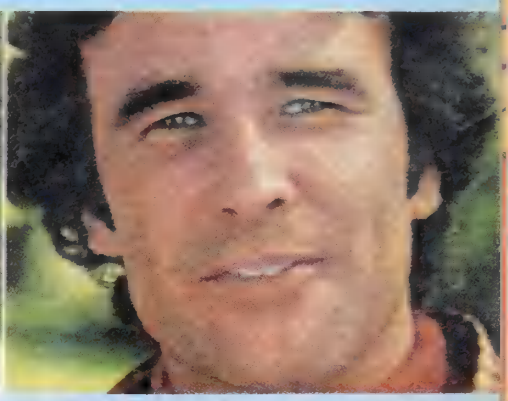
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JOE'S ANGELS In an intimate, loving portrait of three extraordinary women, producer Joseph E. Levine presents ...Sophia Loren, Katharine Hepburn—and his own wife Rosalie!

By Harriet La Barre

"Sophia?" Joe Levine says to me. He takes off his dark glasses, rubs his eyes and looks across his big, beautiful Park Avenue office at a photograph of Sophia Loren. Her face is shadowed by a broad-brimmed hat. Her eyes, cheekbones, and mouth are breathtakingly beautiful. "Did you ever see anything like that?" Joe Levine asks in his gravelly voice. "Sophia has a magnetism that no other person has. Men like her, kids like her—and, this is strange, women like her, too. She has an effect on people."

Joseph Levine and Sophia Loren met for the first time 17 years ago. Sophia was 26. Joe was 55, an international movie "mogul" who a year before had grossed 2 million dollars for the Italian film, *Hercules*.

"We met first in the Lancaster Hotel in Paris," he says. "It was a funny incident. Sophia, her husband Carlo Ponti—whom I'd never met, either—and I were the only three people in an elevator. Sophia was in a picture I had distributed, *Attila the Hun*, with Anthony Quinn. Ponti had produced it with Dino De Laurentiis. So the movie credit read Ponti-De Laurentiis. I didn't realize it was two people; I thought Carlo's name was Ponti De Laurentiis. So in the elevator I said, 'How do you do, Mr. De Laurentiis, my name is Joe Levine.' Carlo said, 'But I am not De Laurentiis! I am Carlo Ponti!' We all laughed at my mistake, and they invited me to their apartment for some wine. Carlo called me the next day. We had dinner that night and made a deal to make a picture starring Sophia. Our first venture together was *Two Women*. When I saw Sophia in the scene where the soldiers had raped her daughter, I said to her: 'Sophia, you will most certainly win the Academy Award for this.'

"And she did. It was the first foreign film for which a star won an Academy Award. 1962. She was so proud. When I brought the Oscar to Rome, a thousand *paparazzi* greeted me, and the Italian newspaper headlines said: Uncle Joe brings home the Oscar!

"We made ten more pictures, Sophia and I, and they all made money. That's a phenomenal record in the movie business, you know."

To date, Joe Levine has been involved in producing or distributing about 492 films, including *A Bridge Too Far*, *The Graduate* and *Marriage Italian Style*. He is now very, very rich. He is also 72 years old. "At my age, I can say anything I want," he tells me. "*Anything*."

Joe pours water from a thermos into a heavy, cut-glass tumbler. He sips. "I'll tell you about Sophia." He speaks slowly, with a definite Boston accent. It sounds upper-crust, which is ironic, since his Boston childhood was wretchedly poor. He lived a slum existence that forced him to peddle newspapers and shine shoes for a nickel. "Sophia doesn't go out at night. Very rarely. She is not a social butterfly. She is a private person." Sophia, he says, spends most of her time with her two children, ten-year-old Cipi (her nickname for Carlo Ponti, Jr.) and four-year-old Eduardo. Joe gestures toward a small, silver-framed photo of Sophia holding Cipi and adds that Sophia is terrified of anything happening to the children.

Joe recalled an incident that made a great impression on him. In 1970, Sophia was in New York helping to publicize Joe's film, *Sunflower*, in which she starred. "I had hired detectives to sit in her apartment at the Hampshire House in eight-hour shifts," Joe says. "She was my responsibility. I wasn't worried about her jewels. I was worried about somebody snatching Cipi; he was a famous baby. But the Pontis had a lawyer who thought it looked terrible, guys sitting around. So they let the detectives go. At six o'clock in the morning, burglars broke in, demanding Sophia's jewels. She brought some of them from her bedroom in a handkerchief. But they looked at the jewels and *(continued)*

Photograph by Christopher Little/Camera 5

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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

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JOE'S ANGELS

continued

said, 'No—we want the big stuff.' The night before, Sophi had appeared on a talk show, wearing a fabulous diamon ring borrowed from Van Cleef and Arpels. Thousands people saw that diamond ring, and the burglars wanted i 'I have no big stuff,' Sophia told them. One of the burgla said: 'Which room is the baby in?' At that, Sophia said, 'Wa a minute.' She went and got all her important jewelry, in cluding the borrowed ring, and gave them everything. Ju because they mentioned the baby!" Joe Levine looks at me "What would *you* do if you had a kid there? I know I'd die

I think of Sophia's concern for the children. I know tha the Pontis recently sold their 12th-century villa outside Rome—and that they want to leave their Paris home. Whe will they go, I ask Joe.

"Sophia is looking for a house in Connecticut," he says.

Sophia in Connecticut! I am startled. Would she ever b come an American citizen?

"I think that is a very strong possibility," Joe admits. "B it depends on Carlo. Sophia is an Italian wife in every wa Carlo runs things. He selects Sophia's films, and if they com to Connecticut, it will be Carlo's decision."

Joe describes the strong personality differences betwee Sophia and Carlo. Sophia is warmly human, earthy, symp thetic. She is also thoughtful. "One night in Paris," he recall "Sophia and Carlo had taken my wife Rosalie and me out dinner. On the way back to their apartment for a nightca Rosalie saw a raincoat in the window of a very chic boutiqu She loved the coat and was disappointed that the shop w closed, since we had to leave Paris early the next mornin A few days later, a package from Sophia arrived in New Yor The raincoat was inside."

Carlo, on the other hand, is reserved. He is neither in pulsive nor demonstrative. "But a few years ago," Joe say "he began to change, to become less distant, more friendly. think he changed when he produced *Dr. Zhivago*. It mad him famous on his own. I imagine he must have gotten a litt sick of being known as Sophia Loren's husband."

But, according to Levine, the Ponti marriage was alwa good. "I've known them for almost twenty years, and I nev heard them squabble. Not once."

Joe shakes his head, marveling. "Sophia's family had n money, but she is a lady; she could have been born to th purple. The way she carries herself—I always think she wall like a gazelle. Graceful, you know? Have you ever seen gazelle walk? I haven't, either. But you know what I mean

Will he make another movie with Sophia? "We made date, and we met fourteen months ago on the French Rivie —the Pontis, Rosalie and I. We had a nice three days togethe and I promised Sophia that I'd find her a script. I haven yet, though." Joe Levine pauses. "I like her so much, and miss her. She is a helluva star."

Queen of the business

I notice that Joe Levine unconsciously sits a little straight in his leather chair when he begins to talk about Katharin Hepburn. "To me, she's the queen of the motion picture bus ness. And I've been in this business forty years.

"When I hired Peter O'Toole to play King Henry II *A Lion in Winter*, Peter told me: 'There's only one person the world to play Eleanor of Aquitaine. And that's Katharin Hepburn.' Peter respects her. He loves her. Everybody wh knows her well feels the same way about her. So we tel phoned her. We caught her around breakfast time on Sunda

"There's no hanky-panky with that girl. She's honest. Pet got on the telephone first and talked to her. She said rig away: 'Tell Mr. Levine I'd love to do it.' No fooling aroun And she told me on the phone how much she was getting two hundred and fifty thousand. *(continued on page 13*

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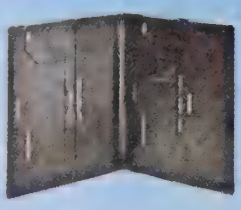
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COUNTRY CHILD

Sometimes it takes a special kind of miracle to make a child feel at home. A short story by Virginia Euwer Wolff.

The cow is due to calve soon.

I've tweezed the porcupine quills out of the stray cat's upper lip. It was 18° on the porch. The cat, who is nameless, was very mannerly while I cut the quills with my quilting scissors and then tweezed them. Ten black-and-white quills lying on the board floor are my reward. Plus my sanctimonious feeling I'd have made a good country physician.

"Ya gotta cut 'em off first. 'Cause they inflates, that's what. Then ya never get 'em out. Ya cut 'em off and leave yerself a good grip, then ya tweeze 'em out with needle-noses." Six months ago, the gas station man told me that, when I was on my way to the vet with our large and odorous collie crouched in noiseless pain beside me. With thanks that were probably too profuse for this neck of the woods, I turned the car around and headed for home and the needle-nose pliers. Soska

(continued on page 70)



Guess whose mother used Downy?



...s static cling season. Shouldn't you use Downy?

...s that time of year. Clothes are clinging. ...ding up. Sticking together. Hiding. You need ...abric softener. Downy.® With Downy, your ...tic cling worries are over.

You see, Downy works in the rinse. So–at ...e same time Downy's rinsing in softness and April Freshness–it's working to rinse *out* static cling *before* it starts. Before static has a chance to build up in the dryer.

That's such a sensible way to help keep clothes from clinging to each other. And clinging to your family.



Downy. A noticeable improvement.

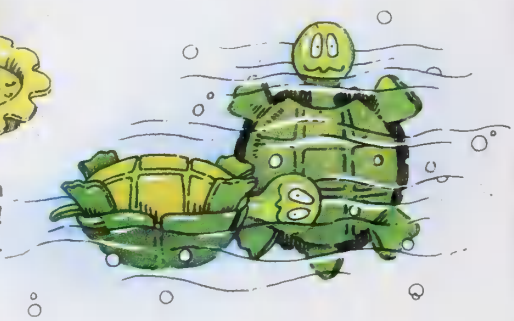
Playskool Water Toys. They satisfy a child's thirst for fun.

Remember when you were a child those long, hot summer days with nothing to do . . . Now, with Playskool Water Toys there's no end of imaginative fun things to fill a child's day . . .



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Or playing hide-and-seek with TUBBY TURTLE. He floats! He bobs! And he's a cute roly-poly on land.





GILLIGAN'S FLOATING ISLAND offers all sorts of opportunities for fun and adventure with a waterfall, places to hide in, treasure to rescue, and Gilligan, Mary Anne and The Skipper all ready to satisfy the most imaginative child's thirst for fun.



PLAYSKOOL®

A KEY TO THE MAGIC DOORS OF CHILDHOOD

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COUNTRY CHILD

continued

howled and snorted at my apologetic amateurishness, but I got the quills out, all three dozen of them.

The poked, spindled and mutilated stray cat was a cinch. And he put Soska's manners to shame. It says something for country breeding.

The unmannerly Soska arrived with us in June, fresh from the city, thousands of miles away. Our friends thought we were crazy. By January, I've had cause to wonder if they were right.

In a manner of speaking, of course.

The months since June haven't turned out exactly as Ed and I'd planned. One midnight a year ago, fresh from a subway accident, we threw up our collective urban hands and mutually declared that we'd had enough of the hyperkinetic tempo at which the city milieu was forcing us to live.

Our environment was dirty. And noisy. And crowded. And pushy. We made no claim to originality in observing that, but we made a strenuous claim to the right to change our mode of life in midstream.

Maybe it was essentially that we both longed to see trees outside our windows. Not just one. Trees and trees and trees, waving their leaves and shaking their seedpods, strewing needles and cones outside our door. The door would open into the woods—through it we could hear the effortless laughter of the children as they hiked down the hill to the pond.

But how to keep the wolf from that rough-hewn, loving door? Ed was in industrial design, I was a schoolteacher. Our careers were fitted to the city. We wanted the country.

We were resolute. As the appropriately ridiculous final statement in this declaration of impatient romanticism, one of us said, "Charley and Sandy don't even know how to use a chain saw!"

We hugged each other for love's sake and didn't go to bed. By the time the kids were ready for breakfast and school, we'd mapped out a plan that should, by all accepted standards, have sent us to a psychiatrist.

Ed would quit his job, I'd leave school at the end of the year. We'd find a bit of land, maybe six or seven acres, and sell our three chic paintings for the down payment. We'd sell the boat to pay for the move, and the children would go to a country school, where I'd teach. Ed would build oak and pine desks and chairs and tables, which he'd sell through his furniture connections, and do local carpentry. We'd have a garden. Maybe we'd end up in a log cabin, with that door . . . I'd preserve and can and gel, and we'd live the hardy life of the frontierspersons.

Sandy and Charley would learn how to use a chain saw.

Ed and I reeled through that day, and at dinner we told the kids what we were going to do. They bought it.

"You mean like the Waltons? With a barn?"

"Do I get my own room?"

"Make real jam out of wild strawberries? You're kidding!"

"I *want* to go cross-country skiing!"

"Does Soska get to go?"

"What in the world is a chain saw?"

A chain saw uses a mixture of 14-to-one, gas to oil. A ripcord is pulled (hard), the saw buzzes deafeningly into action, and logs are sawed for legs for coffee tables. Charley and Sandy found that out in late June.

By July they were fishing in the nearby creek, a ten-year-old boy and a 14-year-old girl bringing trout home for dinner. We thought perhaps we'd given birth to Penrod and Sam.

Of course we brought the city with us.

"Don't we have to do something to take out the pollution?"

"No, honey, these fish aren't polluted."

"Really, Mom?"

"Really."

"Wow." And Sandy continued slitting the fish.

Meanwhile, Ed and I were learning things, too.

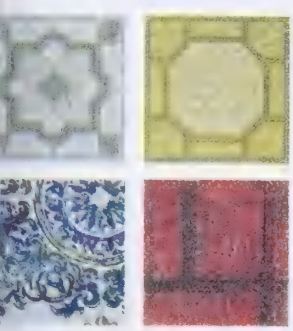
Right here I have to say something about love. Lots of other things being equal, it wasn't easy here in the country. I believe love exists between *(continued)*

Main Plaza

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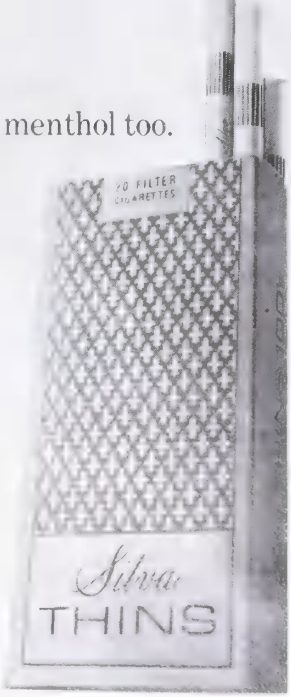
Here's another good reason why I'm a Thinner.

I started smoking Silva Thins for their looks. You know, long, lean and elegant.

Now they're lower too. Low in tar. Because Silva Thins lowered tar 5mg. Which is another good reason for being a Thinner.



In menthol too.



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Filter and Menthol: 12 mg. "tar", 1.0 mg. nicotine av. per cigarette by FTC method.

COUNTRY CHILD

continued

two people when they can confront flooded carburetor or a raccoon-eate garden one morning and not fly off th handle at each other.

We thought it was a raccoon. It turne out to be raccoon and deer. Our garde planted too late to begin with, was ju short of disaster.

We bought a cow.

After the stray cat and his quills, I fe Ed and Sandy and Charley the last of th canned corn, along with our winte squash and home-baked bread with wi strawberry jam.

We're making it. Ed and I are mo tired, more chapped, more contente than we've ever been.

The problem is, Sandy isn't.

Her friends write to her about the Puccis and Guccis. She misses all tha It's begun to be a litany.

"Mommy, it's dull here."

"What do you mean, dull?"

"Dull. That's what I mean. No show Nothing to do. I have to work."

"Work's character-building. Look these hands. Aren't they the hands of authentic character?"

"Daddy, that's not what I mean. want to hear Frank Zappa."

"Oh, *that's* what you want? Come in, Frank." Ed gestures with his he toward the kitchen door. Outside a pine trees and porcupines. The pine tre are ecstatically beautiful, decked in i crystals.

"Mommy, will you *please* make Dad understand? My life's going to pot."

"Sweetheart, wouldn't you like write a nice long letter to all your frien —I can Xerox it at work—all about cro country skiing and homegrown corn a the pregnant cow and—"

"And all about the squash and peas and the *exciting* chain saw? A about how all the kids here wear hon made clothes and belong to 4-H? H gross can you *get*?"

Sandy leaves the table in a huff.

Jerry, in Sandy's class at school, evin a curious and pubescent interest her. He's never heard of off-Broadw she doesn't know anything about falfa.

He calls her frequently to talk ab social studies (Urban Problems). Ed I wonder if the attention will bail San out of her baleful woe. At the very le we think the telephone camaraderi quite sweet.

Sandy says she thinks it's gross. don't know whether she means it or Like most parents, we've underestima our daughter. It's going to take a more than a few boy-girl exchange bail Sandy out. She's missing the

(continued on page



Maybe $3.99 is all you should spend for a fine percale sheet

You can tell a real percale sheet by its smooth softness. By its fine, 180 threads per square inch.

And now Sears is able to offer you 180 thread count, solid color percales for only $3.99 twin size. And that's our year-round, everyday price, not just a sale day special.

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COFFEE, TEA OR VIVARIN?

There are times when nothing beats sitting down and having a cup of hot coffee or tea. Particularly first thing in the morning. It tastes good and gives you a lift.

But if, as the day wears on, you sometimes find yourself having a cup of coffee or tea just for the lift, you should know about Vivarin.

Vivarin is a gentle pick-me-up. The active ingredient that makes Vivarin so effective is the caffeine of two cups of coffee squeezed into one easy to take tablet. And a Vivarin tablet is more economical than two cups of coffee, and requires no preparation.

So when you want a lift, take Vivarin. It's convenient, inexpensive, easy to take, and it really works.



Read label for directions.

Right now there's a free gift of handy refrigerator magnets in specially marked packages of Vivarin.

Your Family's Health

David R. Zimmerman

Two important treatments that may save newborns . . . Good news for diabetics . . . The truth behind those alarming mastectomy headlines . . .

PUMPING IRON. Two sophisticated new treatments, now being developed, may help desperately ill babies. In one, an iron-binding substance called EDTA will be given to infants who have been poisoned by drugs or other substances that they may have absorbed from mother before birth, or ingested in her milk. The rationale, explains Rockefeller University biochemical pharmacologist Mahin D. Maines, Ph.D., is that newborns commonly are overloaded with iron from the breakdown of their fetal red blood cells. This overload temporarily blocks the liver's formation of new iron-bearing proteins—and one of these proteins, cytochrome P-450, is needed to detoxify poisons.

By removing the iron overload with EDTA, Dr. Maines says, pediatricians can turn on production of the detoxifying protein several weeks early—and so may save the poisoned baby. She told a recent press briefing of the Council for the Advancement of Science Writing, that she also knows how to slow up the breakdown of iron from fetal cells into the waste product bilirubin. This could be even more important than the EDTA therapy, because bilirubin buildup in the brain just after birth is a major cause of severe and permanent mental retardation.

THE FEEL OF MONEY. Paper money in Belgium now has each bill's value embossed on it in braille for the blind. Adding the tiny braille bumps to U.S. bank notes would be a convenience for sightless Americans—and would help protect them from cheats.

GENE SPLICING. While some scientists have feared—and some still do—that gene splicing will unleash rogue killer-germs in the world, its proponents promise great benefits instead, initially for the nation's six million diabetics. (Gene splicing is literally grafting a gene from one species into the genetic inheritance of another. This process changes the recipient gene so that it produces one of the first species' biochemicals.) The first such triumph was announced late last year by California scientists, who spliced a man-made, artificial gene for the hormone somatostatin into microscopic bacteria—which then quickly began to produce the hormone. Somatostatin promotes insulin production, and therefore may aid diabetics who produce too little insulin. Although this technique is still strictly experimental, it holds promise for users of insulin. Researchers think that gene-splicing could be used to program bacterial "factories" to make human insulin that would be purer, and would cause fewer side effects, than the animal insulin that diabetics now use.

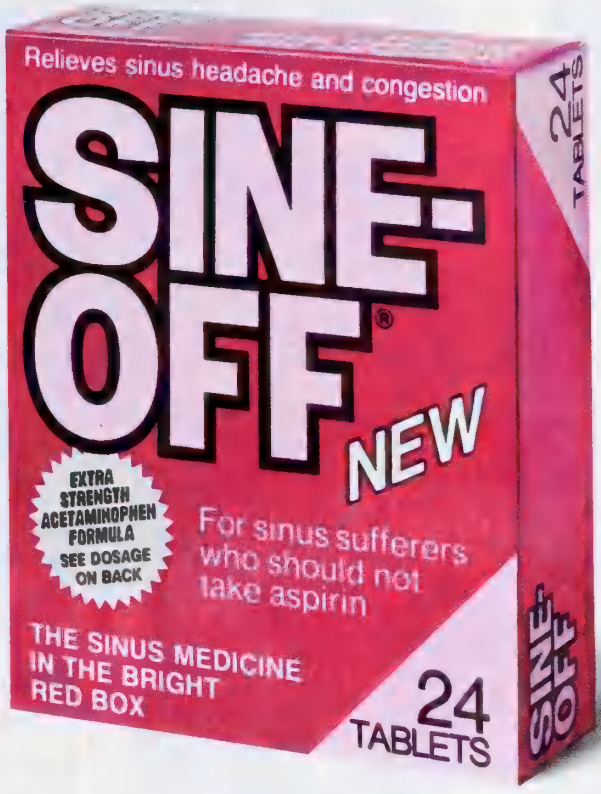
Exciting news also comes from the University of Minnesota, where preliminary experiments show that injections of insulin-producing human pancreas cells will be carried to the liver, where they will survive and thrive—at least temporarily—and produce insulin. If perfected, this simple transplant technique could spare diabetics the blindness and severe blood vessel damage that many now suffer. The insulin molecule itself also is being carefully studied, and perhaps can be modified, so that one day diabetes can be treated wholly effectively—or perhaps even cured.

NEEDLESS MASTECTOMIES? Women *(continued on page 152)*



You suffer from sinus. You can't take aspirin.

Here's your pain relief.



New extra strength acetaminophen Sine-Off.®

Now there are two kinds of Sine-Off® tablets. Sine-Off with aspirin. And new Sine-Off with extra strength acetaminophen for people who can't take aspirin.

Both give you the most sinus medicine you can get without a prescription. Both help relieve the pain, reduce congestion and drain sinus cavities.

The only difference is that new extra strength Sine-Off has acetaminophen, the pain reliever that's in Tylenol.®

Every year, more and more sinus sufferers relieve their sinus miseries with Sine-Off. Now you can, too.

Sine-Off with aspirin, new Sine-Off with extra strength acetaminophen. You choose. The sinus medicines in the bright red box.

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I'd be happy to wash and fold cloth diapers...if they could keep her as dry as Pampers.®



Pick up a cloth diaper and Pampers. They both feel soft ar comfortable before they're w But wet them and you'll feel wh your baby feels after she we Slowly pour the amount water a baby wets into eac diaper. (It's about three tab spoons.) Then put a little bal pressure on them and gently fe The cloth diaper stays wet rig next to the skin. But the Pampe feels a lot drier.

Why? It's simple. With th Pampers diaper, the mo ture goes through the St Dry lining and gets soake up in the padding. Then th lining helps keep the wet pa ding away from your baby tender skin. So she stays drier ar as you can imagine, she feels a l more comfortable.

Frankly, I'd do almost anything keep my baby comfortable. Ar I'd wash a million cloth diapers.. they could keep her as dry Pampers.

Pampers keep babies drier than cloth. And that's what comfort is all about.

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THE MODERN WOMAN'S GUIDE TO THE ETIQUETTE OF DIVORCE

By Charlotte Ford



Divorce is, sadly, a painful fact of life. Are there new proprieties and graceful ways to handle situations that arise when a marriage breaks up? To answer the most pressing questions, Charlotte Ford, fashion designer, businesswoman and a divorcée herself, has written a comprehensive, new book of etiquette for today. Our excerpt covers everything from what to do with your ring and how to handle gossip, to the challenge of building a new life. Daughter of Henry Ford II, and former wife of shipping magnate Stavros Niarchos, Charlotte Ford offers sound, basic advice to women of every income level who are suddenly confronted with divorce—or some day *may* be!

Divorce. If you are in the midst of one, your concerns will naturally revolve around yourself—but you must also be aware that your divorce affects other people. There will be people who want to know, people you want to know, people who need to know. Most friends and interested acquaintances will make it their business to find out about your divorce in any case, so why not tell them yourself? The attempted cover-up, deliberate or not, is more difficult to carry off than the truth—by which I mean very simply the *fact* of your divorce, not the *why's*.

Your children's school

It will benefit your children to tell the school about your divorce. Make an appointment with your children's teachers, one at a time, so they won't be left in the dark if your children demonstrate any difficulties in adjusting to the divorce. But don't go see teachers behind your children's back. Be sure to tell your offspring what you are planning to do.

Who you don't have to tell

Take heart in knowing that there are a lot of people you won't have to tell at all.

In the first category, let's put everyone who will read the simple signs—the cleaning person, the doormen, etc. They'll find out without your help.

The second category includes casual friends who you only need tell if they unwittingly ask after your spouse. Don't expect them to have heard. *(continued on page 156)*

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A Country Feeling

Country music is suddenly coming out-of-the-sticks and sweeping the pop charts. Full of feeling, this Nashville sound has its own artists who are fast becoming household words. Country fashions, also from humble origins, are now being taken up by top designers for a sophisticated public. On these pages, we bring the two together: Four dazzling recording stars wearing downright pretty, big-skirted clothes. Both country looks and singers are bound to be this spring's smash hits. By Trudy Owett, Fashion Editor

Lynn Anderso

Many of us remember Lynn straight-from-the-heart reco ing of "I Never Promised You Rose Garden" (Columbia). sales zoomed to 6 million in 19 earning her a platinum platt (over 2 million) and Gramm award. Along with many gut voiced albums, Lynn's bu flying around making TV a personal appearances, pl showing her prize quart horses. Here she's i poetic ruffle-touch dress with separ flower-garden overski By Eleanor Brenn

Color photograph Charles William B Hairstyles and makeup by B

Fashion and information on page



Tanya Tucker

No slow starter. Tanya cut the first of her many hits, "Delta Dawn," when she was a mere 13. Since then (managed by father, Beau; makeup and wardrobe by her Mom), she's crisscrossed the country in a family bus doing one-nighters. Now, 19-year-old Tanya's rid of her pigtails, recorded a brand-new album (MCA) and ready to tour country-music crazed Europe and Japan. Here, she's the picture of spring in a nostalgic rosebud-print blouse and flounced skirt. Smocking details on fine cotton voile. By Kasper for Joan Leslie.



Crystal Gayle

Well over one million people have spun the torchy "Don't It Make My Brown Eyes Blue" (United Artists) into Crystal's first gold record. And others are green with envy at country superstar Loretta Lynn's kid sister who captured the coveted "Outstanding Female Vocalist—1977" award from the Country Music Association. Here, Crystal's in a fresh and flowing batiste dress with the delicate look of hand-painted flowers. By Albert Nipon.



Rita Coolidge

Country and gospel — with a whole lot of soul, Rita's warm and honest singing style reflects her background. She hails from country-music's capital, Nashville, and trilled in a Baptist choir at age two. She records albums solo and in duet with husband, Kris Kristofferson. Latest hit singles: "Higher and Higher" and the moving "We're All Alone" (A&M). Here, Rita wears a casual smock dress with roll-up sleeves and a crisp plaid overskirt with tucking at the waist. By Charles Suppon for Future Sport



Fashion and accessory information on page 150.

THE KITCHEN BOOK

a look at where the professionals cook

"The purpose of *The Kitchen Book* is to help you design the right kitchen for your way of life." This is how world-famous designer Terence Conran introduces his best-selling anthology of everyone's favorite room—the kitchen. In this excerpt, we look at the very personal kitchens of two food professionals—each with its own style, each full of ideas for use in the average home.

Restaurant critic and designer Milton Glaser and his wife Shirley both like small kitchens, and Shirley describes this one in their country home as "nearly perfect, except for a too-small sink." The long, narrow room is housed in what used to be a separate shed, which was attached to the main house when the Glasers acquired it 15 years ago. "We just moved things around a little," explains Milton. A local craftsman rebuilt and reinstalled the original cabinets under a chestnut counter. "It's not practical, but it's beautiful," adds Shirley. "We replaced the electric stove with a restaurant gas range and put some tiles on the floor—and that's about all."

Both Glasers cook—Shirley does "romantic and classical dishes": Milton likes "complex dishes that combine many ingredients, like stews and 20-ingredient casseroles."

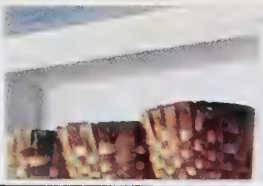


A restaurant-size gas range is the center of attention in the Glaser kitchen. Along with the small dining table, it's two steps down from the sink and food-preparation area. Spices and various utensils are in the open, easily at hand.

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From "The Kitchen Book," by Terence Conran.
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by Raeanne Giovanni/Mitchell Beazley

s. Glaser prepares salad at sink; side lamps and the warm w of a stained glass window e concentrated area light.







A new use for old candy store jars: a rack of food containers for such as pasta and rice. Straw baskets hold utensils.



Milton and Shirley Glaser pause before sitting down to an informal lunch. "We've probably eaten out only 20 times in the last 14 years," says Shirley, a testimony to the cooking expertise of both.





Choosing the right equipment can be more confusing than mastering a complex recipe, says Mrs. Meyers. Clearly, she is partial to wood and wicker.



Perla Meyers in her small, but uncluttered kitchen. Color, she feels, should come from the food.



Just over the cook-top counter from the kitchen, but still quite separate, the crisp, neat dining area. Along with the kitchen, it is the most-used room in the house.

THE KITCHEN BOOK a fresh approach

Perla Meyers, cookbook author (*The Seasonal Kitchen* and *The Peasant Kitchen*) and New York City cooking teacher, likes a kitchen without clutter. This is her country kitchen, where she and her husband do most of their entertaining. "To me," says Mrs. Meyers, "the most important aspect of a kitchen is the amount of working space available. I only want to work with the tools that are absolutely necessary." This small kitchen was converted from a bedroom, porch and bathroom and overlooks beautiful woodlands. "As we spend most of our time in this room, we gave it our prime spot." It is painted white throughout except for wooden work-tops and a butcher block table. "I want color to come from the food," says Mrs. Meyers. All pots and pans are put away in deep cupboards when not in use so that everyday things can be up front; less often used pots in the rear. One cupboard is reserved for casseroles, one for mixing equipment and one for serving pieces—and all have been carefully planned under work-tops. Perla Meyers' food philosophy is based on using fresh, seasonal foods. And simplicity. "I tell my students to forget about copper pots and to limit themselves to five good knives. For years I was concerned with what was right and what was wrong in cooking. Today I'm more interested in 'mood cooking'—doing what I feel like at a given time."

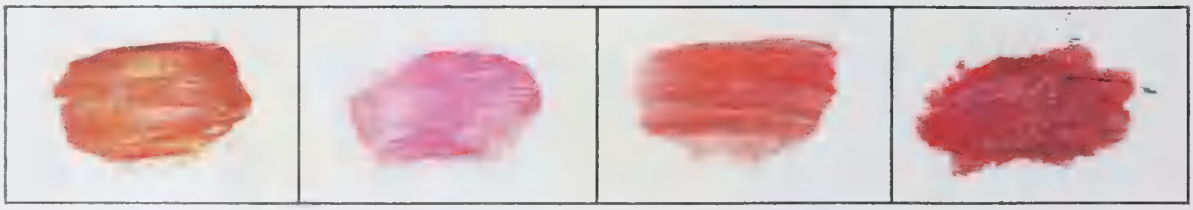


A cosmopolitan collection of cans is housed in an old broom cupboard. Shallow shelves allow contents to be seen at a glance. Meyers also feels a kitchen should have as many drawers as possible.



Welcoming Spring: Beautiful New Makeup Colors

There's a fresh breeze blowing through makeup colors now. Lighthearted. With more lift. Lip shades are wonderfully sheer, clear and liquid looking—in luscious garden-party colors. Eyeshadows are staying deep on the lid with softer, rosé-wine pinks and champagnes warming up to the brow. Cheeks look prettiest without any blatant contouring—just a wash of color. Nails, too, are touched with more muted tones. All echo this season's fashion colors (a fine romance). Below, the Journal's sampling of wonderfully flattering makeup colors—for day, for evening, for everyone, come spring. By Maureen Lynch, Health and Beauty Editor.



Golden Beiges:
The shades in this palette are touched with warm, sunny tones. Never dark, but with a tawny glow that pairs beautifully with the no-color linens and silks, a natural straw hat. Above: Estée Lauder's "Marmalade Tea" Tender Lip Tint from her Tea Garden collection.

Gentle Pinks:
An ethereal range of colors that float softness about them. Particularly pretty with the meltingly soft blue, green and lilac cottons for spring. Here: "Pink Clover" Super-Moist Lipstick from Germaine Monteil's new Pastoral Pastel collection. Perfect companion, their "Rosewood" Powder Blush.

Flower Brights:
Think of a spring garden bursting with colorful tulips, azaleas, tea roses. Filled with bright light. See these colors with daffodil yellows, anything in country-fresh greens. Above: Lively "Poppy" Truly Natural Lip Gloss from Frances Denny's new Wild Meadowflowers collection.

Peachy Roses:
Ripe and lush, with just a hint of beigeness to keep from being too sweet. Above: "Golden Vino" Principessa II Lipstick. Right: Totally spring, "Mimosa Peach" Super Rich Blusher, "Rosana Peach Heather" Eye Shadow Mist, "Twilight Taupe" Nail Cristallo. All by Princess Marcella Borghese.

Photograph by Jim Houghton. Hair and makeup by David Frank Ray, blouse by Carol Horn for Habitat





CAKE ENCOUNTERS

Bring a new pet to your next party—one of our irresistible animal cakes that are surprisingly easy-to-make, fun and delicious. We tried out this comical kingdom on Cary Guffey (below), the creature-sighter from the hit movie, **Close Encounters of the Third Kind** *(Columbia Pictures). He was enchanted. All are created from packaged cake mixes and frostings, decorated with handy candies.* *Instructions, page 106.*
By Sue B. Huffman, Food Editor.

Charlie, the crocodile, chomps merrily along with jaws of candy corn. Fashioned from yellow sheet cakes, his frosting's spoon-pressed into scales. Charlie's fond of fearless young lads, such as 5-year-old Cary, right.





Photographs by George M. Cochran

CAKE ENCOUNTERS



Young actor Cary Guffey's having a close encounter with his favorite: Mr. Moose. A natural actor, Cary captured the movie role by laughing, crying, looking terrified. Here he looks fascinated.

Mild-mannered M our very own choc moose, left, mainta manly nonchalance. chocolate pipe in m marshmallow e nutty nose. Cut fr devil's food

Lovable Leonard the right, looks like a cock optimist. This ki beasties is carved fr pound cake loaf, ci with cupcakes. M frosting is frothed by a



Perky pink Penelope Pig preens as she purses her sweet red lips. Prissy miss with licorice lashes; a series of yellow cake rounds. Endearing.

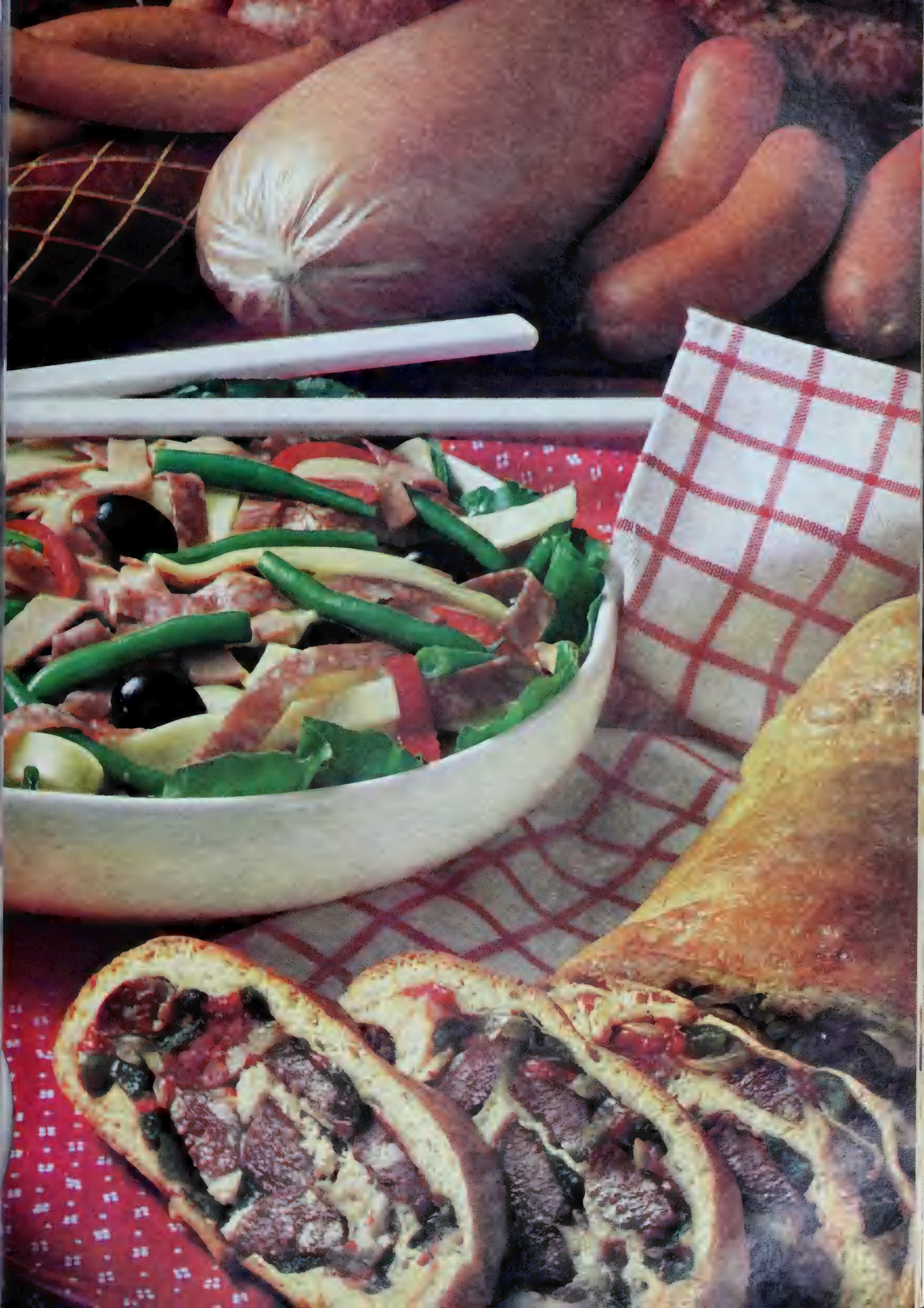


SAUSAGE SAMPLING

Sausages, whether you're talking about one-bite wieners or yards of coiled wursts, have basic things in common. Prepared from a choice of ground meats (fine to coarse), they're seasoned mildly to pungently, peppered or garlicked. With over 200 tasty varieties to choose from (and don't forget the all-American favorite, hot dog), sausages can really cut the mustard! Clockwise: Italian Chef Salad, strips of Genoa salami, bologna and cheese, greened with beans. Pizza-in-a-Loaf, easy-to-make with sweet or hot sausages, peppers, crusted in a roll mix. Kielbasa with Potato Salad, ring of Polish sausage on bacon-flecked potato salad. These and more recipes, page 102.

Photograph by Irwin Horowitz

Shopping information ■ page 150.







A JOYOUS EASTER

It's Easter—a fine day for a family celebration. Make yours even more joyous—by sharing. Open your home and invite unattached friends to join in the glory of your spring-fresh table. Crowning achievement: a whole baked ham, strewn with orange-peel flowers, pink and sweet within. And Easter afternoon is the perfect time to be lighthearted in a rites-of-spring way: from hidden baskets of chocolate bunnies to rousing egg rolling contests.

How America Entertains

Our festive holiday spread instantly announces, "It's Spring!" Specialties of the greenery season—tender young stalks of asparagus and roly-poly new potatoes. Of course, the never-fail Easter ham, here radiantly glazed with a simple marmalade/horseradish/mustard sauce. To help the hostess join her happy clan, we've planned the entire meal with many do-aheads, few final tasks. For timetable, shopping list and recipes, page 98.

EASTER DINNER PARTY
Serves 12

SPRINGTIME CARROT SOUP
ORANGE GLAZED HAM
CREAMED NEW POTATOES WITH PEAS
ASPARAGUS WITH SOUR CREAM SAUCE
JELLIED CRANBERRY-RASPBERRY SAUCE
AMBROSIA
CLOVERLEAF ROLLS
CHOCOLATE ECLAIRS

Photograph by Nick Samardge

JOYOUS EASTER

continued

EASTER DINNER PARTY
SERVES 12
SPRINGTIME CARROT SOUP
ORANGE GLAZED HAM
CREAMED NEW POTATOES WITH PEAS
ASPARAGUS WITH SOUR CREAM SAUCE
JELLIED CRANBERRY-RASPBERRY SAUCE
AMBROSIA CLOVERLEAF ROLLS
CHOCOLATE ECLAIRS

FOOD CHECKLIST

4 pounds fresh asparagus
2 lemons
Chives (fresh, freeze-dried or frozen)
1 dozen eggs
1 cup sour cream
1 medium orange
1 fresh coconut
¼ cup orange juice
1 fresh pineapple
4 pounds small new potatoes
1 large onion
1 bunch parsley
3 packages (10 oz. each) frozen peas
1 cup pineapple juice
2 cups chicken broth
3 cans (10¾-oz. each) condensed chicken broth
1 pound carrots
1 green pepper, for garnish
1 container (8 oz.) yogurt
2 jars (12 oz. each) orange marmalade
1 (10 to 13-lb.) fully cooked semi-boneless ham
1 can (16 oz.) jellied cranberry-raspberry sauce
3 pints strawberries
4 squares semisweet chocolate
Active dry yeast
1 pint heavy or whipping cream

Staples to have on hand:
Salt
Pepper (white and black)
1 pound butter or margarine
Brown sugar
All-purpose flour
Allspice
Whole cloves
Lemon juice
Sugar
Light corn syrup
Prepared horseradish
Dry mustard
1 cup confectioners' sugar
Vanilla extract
2 quarts milk
¾ cup chopped celery

SCHEDULE FOR EASTER DINNER

One Month Before:
Invite guests.

Up to One Week Before:
1. Inventory supplies.
2. Purchase non-perishable ingredients.
3. Select serving dishes.
4. Purchase and prepare ingredients for rolls and eclairs. Do not make custard.
5. Prepare orange horseradish glaze; cover and refrigerate.

Two Days Before:
1. Purchase perishable ingredients.
2. Prepare custard for eclairs; cover and refrigerate.
3. Order flowers.

One Day Before:
1. Trim asparagus and place in plastic bags.
2. Prepare cream sauce for potatoes, garnish for ham, ambrosia and carrot soup; cover and refrigerate.
3. Set table.
4. Prepare custard for eclairs; fill and frost. Cover and refrigerate.

Morning of Party:
1. Remove rolls and peas from freezer; thaw at room temperature.
2. Begin roasting ham.

Half Hour Before Guests Arrive:
1. Cook potatoes and peas; heat white sauce in double boiler.
2. Heat soup.
3. Prepare asparagus and sauce. Keep both warm.
4. Garnish ham.

At Serving Time:
1. Serve soup.
2. Serve ham, potatoes and peas, asparagus, rolls, ambrosia and relish with a choice of beverage.
3. Serve eclairs.

All recipes pictured on page 96

CARROT SOUP

Yogurt and pineapple juice are the secrets here.

2 tablespoons butter or margarine
1 cup chopped onions
¾ cup chopped celery
3 cans (10¾ oz.) condensed chicken broth, undiluted
1 cup unsweetened pineapple juice
1 pound carrots, peeled, cut into ½-inch slices
4 sprigs parsley
4 whole cloves
2 tablespoons light brown sugar
2 teaspoons salt
Dash allspice
Pinch white pepper
1 container (8 oz.) plain yogurt
Additional parsley for garnish (optional)

In a Dutch oven or large saucepan melt butter or margarine. Add onions and celery and sauté until tender, about 2 minutes. Add remaining ingredients except yogurt. Cover and simmer until carrots are tender, about 25 to 30 minutes. Remove parsley and cloves; discard. Cool soup slightly. Pour half into blender container, cover and purée until smooth. Repeat with remaining soup. Return to pan and stir in yogurt. *(Can be prepared in advance to this point. Cover and refrigerate up to 24 hours. Reheat in Dutch oven over medium heat, stirring constantly until hot, about 10 minutes.)* Cook over low heat stirring constantly until heated through. Garnish with parsley, if desired. Makes 8 cups, about 130 calories per cup.

ORANGE GLAZED HAM

A traditional baked ham with an untraditional marmalade and horseradish glaze.

10- to 13-pound fully cooked semi-boneless ham
Glaze:
2 jars (12 oz. each) orange marmalade
2 to 3 tablespoons prepared horseradish
2 tablespoons lemon juice
½ to 1 teaspoon dry mustard
Orange peel and green pepper for garnish

Preheat oven to 325°F. Place ham rack in a shallow open roasting pan, side up. After 45 minutes of roasting, move ham from oven. With sharp kn cut skin and excess fat from ham, leav a thin fat covering. Insert meat th mometer into thickest part making s thermometer does not touch bo Bake, uncovered, for about 2 to 2½ m hours until internal temperature reac 140°F. (Ham will take approximat 18 to 20 minutes per pound.) Brush glaze during last 30 minutes of roasti Decorate, making flowers with ora peel and green pepper (see photogr page 96). Brush additional glaze top and bake for 5 more minutes. Tra fer ham to heated platter and let rest to 20 minutes before carving. Ab 300 calories per 6-ounce serving. Se hot or cold. Pass any remaining glaze *Glaze:* Place all ingredients for glaz blender container. Cover and bl

(continued on page 1

HAM CATALOG

Boneless ham—May be called rolle shaped or formed and is fully cooke Can be served without further coo ing, but heating to 140°F. on me thermometer improves the flavor an texture. Heat in a 325°F. oven an allow 12 to 15 minutes per lb. f whole; halves and quarters 18 to minutes. Available whole, 7 to 14 lb or halves or quarters, 3 to 7 lbs. Pl on 3 to 4 servings per pound.

Bone-In ham—Available fully-cook or cook-before-eating. If in doub roast as if cook-before-eating. Whe weight ranges from 10 to 16 pound when cut in half, sold as butt half shank half. If a few center slices a cut and sold as ham steaks, remaini is labeled butt portion and shank po tion. Roast to 140°F. on meat the mometer for fully-cooked, 12 to minutes per pound for whole, abo 18 to 20 minutes per pound f halves. For cook-before-eating han 18 to 20 minutes per pound for who 22 to 24 minutes per pound for ha Allow 2 to 3 servings per pound.

Canned ham—Always fully cook and boneless; they weigh from 1½ 13 pounds, smoked or unsmoke Roast in 325°F. oven until meat the mometer reaches 140°F., about minutes per pound. Allow 3 to servings per pound.

Specialty ham—(Smithfield, Virgin country-style.) These are usually so whole and are cook-before-eati hams. They are usually heavily cur and smoked. They require soaking water for at least 24 hours and pr cooking in simmering water befo roasting in 325°F. oven. Same roa ing time and number of servings p pound as whole bone-in, cook-befor eating hams.

Campbell's Soups give you a way to create memorable main-dish soups in minutes.



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ITALIAN MEATBALL MAIN-DISH SOUP

½ pound ground beef
¼ teaspoon salt
Dash pepper
½ cup sliced celery
¼ cup chopped onion
1 medium clove garlic, minced
¼ teaspoon Italian seasoning, crushed
2 cans Campbell's Bean with Bacon Soup
1½ soup cans water
1 cup cooked ditalini
1 can (about 8 ounces) kidney beans, undrained
1 can (about 8 ounces) tomatoes, cut up
2 tablespoons chopped parsley

Season meat with salt and pepper; shape into 24 small meatballs (½ inch). In large saucepan, brown meatballs and cook celery and onion with garlic and Italian seasoning until tender (use shortening if necessary); spoon off fat. Add remaining ingredients. Heat; stir occasionally. Serve with grated Parmesan cheese if desired. Makes about 7½ cups.



HOME-STYLE CHICKEN AND HAM MAIN-DISH SOUP

2 slices bacon
1 cup diced cooked ham
2 tablespoons chopped onion
¼ teaspoon thyme leaves, crushed
1 can Campbell's Cream of Chicken Soup
1 can Campbell's Chicken Noodle Soup
1 soup can milk
2 hard-cooked eggs, coarsely chopped
1 cup cooked cut green beans

In large saucepan, cook bacon until crisp; remove and crumble. Brown ham and cook onion with thyme in drippings until tender. Add remaining ingredients except bacon. Heat; stir occasionally. Garnish with bacon. Makes about 6 cups.





You have a way with Campbell's.



MEALTIME EXPRESS

Zip into your kitchen and whip up these speedy March entrées.

Here are three solutions to your "what's for dinner tonight" dilemma, using three of our favorite appliances.

Microwaving

Sour cream and dill hype mushroom soup to make a tasty sauce for frozen sole fillets. Add rice, a frozen green vegetable (zapped in the micro), fresh pears and cheese.

NORWEGIAN SOLE

1 can (10¾ oz.) condensed cream of mushroom soup, undiluted
⅓ cup sour cream
1 teaspoon onion powder
1 teaspoon dill weed, crushed
¼ teaspoon salt
Dash pepper
1 package (16 oz.) frozen fillets of sole

In small bowl mix first 6 ingredients; set aside. Unwrap fish. Place in 8-inch square glass dish. Cover with waxed paper and defrost in microwave 2 minutes or until fish can be separated. Rotate dish half a turn and defrost for 1 minute and 30 seconds more. Drain off any liquid.

Separate fillets and arrange side by side on bottom of dish. Spread with sauce; cover with waxed paper. Cook for a total of 10 minutes (or until fish flakes easily with a fork), rotating dish half a turn every 2 minutes 30 seconds. Let stand 5 minutes before serving. Makes 4 servings. About 160 calories per serving.
(This recipe was developed in a 650-watt microwave on high setting.)

Food Processoring

No need to shy away from recipes requiring lots of chopping, grating, slicing if you have a handy-dandy food processor. Serve these pork chops with sweet potatoes and almond-topped Brussels sprouts.

SKILLET APPLE PORK CHOPS

4 pork chops, each about 1-inch thick
1 to 2 tablespoons unsifted all-purpose flour
¼ cup butter or margarine
2 large (1 lb.) tart apples
1 medium onion, peeled
2 carrots, peeled
1 cup beef broth
¼ cup dry red wine
2 tablespoons light brown sugar
2 tablespoons cider vinegar
½ teaspoon salt
Dash pepper

Sprinkle the chops with flour. In 12-inch skillet melt butter or margarine. Brown pork chops on both sides; lower heat to medium. Quarter and core apples; cut onion to fit food processor feeder tube. Using the slicing disk, push apples through. Repeat with onion and carrots. Mound apples, onions and carrots over the pork chops. Combine the broth, wine, sugar vinegar, salt and pepper and pour over the vegetables. Cover and simmer for 35 to 40 minutes. Remove cover and cook another 10 minutes or until liquid is slightly reduced. Makes 4 servings. About 540 calories per serving.

Slow Cookering

Start this simmering the night before in your slow cooker. Serve with green salad and bread. Dessert? Irish coffee, of course.

ST. PATRICK'S DAY DINNER

3 pounds corned beef brisket, visible fat removed
6 new potatoes, peeled and cut in halves (about 1 lb.)
4 carrots, peeled and cut in half
1 onion, peeled and cut in half
2 garlic cloves, peeled
3 whole cloves
½ bay leaf
3 to 4 cups water
1 small cabbage, cut in wedges (about 1 lb.)

Place corned beef, potatoes, carrots and onion in ceramic pot of slow-cooker. Tie garlic, cloves and bay leaf in a small piece of cheesecloth and add to ceramic pot. Add enough water to cover. Set slow-cooker on low setting. Cover and cook for 16 to 18 hours or until meat is tender. Ten minutes before serving, skim off fat and heat 1 cup of broth from slow-cooker in a saucepan to boiling. Add cabbage, cover and simmer until crisp-tender, about 5 minutes. Meanwhile, remove beef and vegetables from slow-cooker, draining well. Arrange on serving plate. Discard cheesecloth. Serve with cabbage. Makes 4 to 6 servings. About 445 calories for each of 4 servings or 300 calories for each of 6.

Illustration by Saul Mandel

What the right centerpiece does for your table,





Stouffer's Side Dishes do for dinner.

Stouffer's Macaroni and Cheese, Brussels Sprouts au Gratin and Green Bean Mushroom Casserole are just three of the 13 side dishes Stouffer's makes. To liven up a simple meal. Or do justice to a special one.

Out-of-the-ordinary dishes. Made with uncommon care. To be uncommonly good. That's why they're the great mealtime accessories.



Stouffer's Side Dishes.
The great mealtime accessories.

SAUSAGE

continued from page 95

KIELBASA WITH GERMAN POTATO SALAD
pictured on page 94

A traditional favorite that's an unbeatable combination.

5 to 6 medium potatoes, peeled (about 2 lbs.)
Salt
5 slices bacon
½ cup chopped onion
1 tablespoon sugar
1 tablespoon flour
⅛ teaspoon pepper
1 chicken bouillon cube, crumbled
⅓ cup vinegar
1 pound kielbasa or Polish sausage, scored at 1-inch intervals
Parsley for garnish

In large saucepan heat 1 quart water to boiling. Add potatoes and 1 teaspoon salt and cook 20 to 25 minutes until potatoes are tender; drain. Cut into ¼-inch slices.

Meanwhile, in large skillet cook bacon until crisp; drain on paper towels and crumble. To drippings in skillet, add onion and sauté until tender. Stir in sugar, flour, pepper and 1 teaspoon salt until evenly blended; then add crumbled bouillon cube, ½ cup water and vinegar. Cook over medium heat until bouillon cube dissolves and sauce thickens and comes to a boil. Cook 1 minute. Add hot potato slices and toss lightly. Add kielbasa and cook until potatoes and sausage are heated through. Sprinkle on bacon and garnish with parsley if desired. Makes 4 to 6 servings. About 565 calories for each of 4 servings; about 375 calories for each of 6 servings.

ITALIAN CHEF SALAD
pictured on page 95

Makes an inviting first course or a main dish luncheon entrée.

3 ounces sliced bologna, cut into julienne strips
1 ounce sliced Genoa salami or pepperoni cut into julienne strips
4 ounces sliced Provolone cheese, cut into julienne strips
1 package (9 oz.) frozen whole green beans, thawed
1 cup pitted ripe olives halved
4 pickled hot cherry peppers, whole or cut in strips
Dressing
3 tablespoons red wine vinegar
½ teaspoon crushed oregano
¼ teaspoon salt
Pinch pepper
1 garlic clove, crushed
3 tablespoons salad oil
3 tablespoons olive oil

In medium bowl combine bologna, salami, cheese, green beans, olives and peppers. In jar with tight fitting lid combine ingredients for dressing; cover and shake until well mixed. Pour over salad and toss until well coated. Cover and marinate at least 2 hours, stirring occasionally. Or, cover and refrigerate overnight, tossing occasionally. Makes 6 to 8 servings. About 325 calories for each of 6 servings; 240 calories for each of 8 servings.

PIZZA-IN-A-LOAF
pictured on page 95

We stumbled across this fantastic "pizza in a loaf" at La Groceria Goldberg, a deli in Red Bank, N.J. Here's a simplified version of their recipe.

2 tablespoons salad oil
10 hot or sweet Italian sausages, pricked (we used 5 of each)
3 green peppers, cut in strips
3 cups sliced onions
½ teaspoon oregano
½ teaspoon salt
1 package (13¾ oz.) hot roll mix
¾ cup bottled pizza sauce

In large skillet heat oil. Add sausa and cook over medium heat until w browned and thoroughly cooked, abo 20 minutes. Remove from skillet and aside to cool. Spoon off all but 2 tab spoons drippings in skillet. Add peppe onions, oregano and salt and sauté til vegetables are tender. Set aside cool.

Prepare hot roll mix according to ba package directions; cover and let ri Cover a large jelly-roll pan with f grease foil and set aside. Meanwhile, sausages in half lengthwise. Wh dough has doubled in bulk, pu down. Knead dough slightly on ligh floured board; let rest 10 minutes. R dough out to a 15x11-inch rectang transfer to jelly-roll pan. Spread w pizza sauce up to 1 inch from edg Then spread with vegetables. Eve arrange sausage over vegetables. Sta ing at 15-inch side, roll dough into thi and tuck ends under to seal.

Preheat oven to 375°F. Bake 30 to minutes or until golden brown and l sounds hollow when tapped. Cool slig ly on baking sheet. *(Can be prepared advance to this point; wrap well w foil and freeze. To serve, thaw then he still covered with foil, for 20 to 25 m utes.)* Cut into 1-inch slices. Mak about 16 servings. About 225 calor each.

KNOCKWURST POTATO SOUP
pictured on this page

Perfect to warm the cockles on a chi evening.

3 to 4 leeks (1¼ lbs.)
2 tablespoons butter or margarine
⅓ cup all-purpose flour
1¾ cups chicken broth
3 cups raw diced potatoes (about 1 lb.)
⅛ teaspoon pepper
3 knockwurst (12 oz.)
1 cup half and half cream
Chives for garnish

Wash leeks well, soak in cold water 30 minutes to remove sand. Disca most of the green tops. Slice enou bulb (white part of the leeks) to ma 2 cups. Slice tender green tops to ma about ¾ cup; set aside.

In large saucepan melt butter or m garine; add leek bulbs and sauté o low heat without browning for 5 m utes, stirring occasionally. Remove fr heat and stir in flour; gradually stir chicken broth. Add green part of lee potatoes and pepper. Cover and cook to 15 minutes or until potatoes are te der.

Cut the knockwurst into ½-inch slic cut each into thirds; set aside. Pour h the soup into blender container; ble at high speed about 6 seconds or u smooth. Return to saucepan; stir knockwurst. Cover and *(continue*



Clockwise: Homemade Pork Sausage Patties, Knockwurst Potato Soup, Sausage Nests, Sausage and Onion Sandwich.

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From Sara Lee®

SAUSAGE

continued

simmer 40 to 45 minutes. Just before serving stir in cream. Garnish with chives, if desired. Makes about 6 servings. About 370 calories each.

HOMEMADE PORK SAUSAGE PATTIES
pictured on page 102

It's a breeze to make homemade sausage in your food processor. A food grinder can be used as well.

⅔ cup parsley leaves
1 small onion, quartered
2 pounds lean pork shoulder, cut in ½-inch cubes
12 ounces pork fat, cut in ½-inch cubes
2½ teaspoons sage
2 teaspoons salt
1 teaspoon pepper
½ teaspoon summer savory
2 tablespoons water

For food processor: Using steel knife attachment, mince parsley and onion using on off turns until finely chopped. (Or chop finely with knife.) Transfer to a large bowl. Mix pork and fat; place one cupful at a time in food processor. Process, using on off turns until desired fineness; place in large bowl with parsley-onion mix. Repeat until all meat and fat are chopped. Combine with remaining ingredients and mix well. Shape into 16 patties or form into 2 rolls about 8x3-inches. Wrap in foil, refrigerate overnight; cut each roll into 8 equal slices. *(Can be prepared in advance to this point. Wrap each individually and freeze up to 2 weeks. Thaw in refrigerator 2 hours before cooking.)*

For food grinder: Combine parsley, onion, pork shoulder and fat. Chop in food grinder using coarse blade. Add remaining ingredients and mix well.

To cook, place in cool skillet. Cook slowly until well cooked and brown, turning once; about 20 minutes. Makes 16 patties. About 330 calories each.

SAUSAGE NESTS
pictured on page 102

Bound to become a brunch favorite.

1 package (6 oz.) chicken flavor stuffing mix
1 package (12 oz.) bulk pork sausage, uncooked
8 eggs

In medium saucepan prepare stuffing mix according to package directions; set aside to cool. Preheat oven to 350°F.

Combine sausage and stuffing mixture until well mixed. Spoon a scant ½ cup of mixture into each of 8 6-ounce custard cups. Using spoon, press on bottom and sides to form "nest" in center. Place on baking sheet and bake 10 minutes. Break an egg into center of each cup. Bake 15 to 25 minutes longer or until eggs are cooked to your liking. Makes 8 servings. About 425 calories each.

SAUSAGE AND ONIONS SANDWICH
pictured on page 102

Serve up with foaming mugs of beer for a late evening snack or quick lunch.

10 to 12 pork sausages, cooked
2 tablespoons butter or margarine
2 tablespoons salad oil
4 medium onions, thinly sliced
1 teaspoon sugar
Salt to taste
4 slices of rye or pumpernickel bread
Prepared spicy mustard

Cook sausages according to package directions. Remove from skillet and keep warm. Add 1 tablespoon each butter or margarine and oil. Heat until foaming. Add half the onions. Cook over medium heat, stirring frequently until crisp and brown. Stir in ½ teaspoon sugar; salt to taste. Drain on paper towels. Add remaining tablespoon of butter or margarine and oil to skillet and repeat with remaining onions. Serve the sausage and onions on rye or pumpernickel bread; top with a spicy mustard. Makes 4 servings. About 410 calories per serving with bread and mustard.

KIDDIE CUPS
pictured on this page

A sort of meal in one for the little dear

9 slices bologna
1 package (12 oz.) frozen macaroni and cheese, thawed
1 cup cooked green peas

Preheat oven to 350°F. Place 3 slices bologna into each of 3 6-ounce custard cups. Combine macaroni and cheese with peas; spoon evenly into each bologna-lined cup. Cover with foil. Heat in oven for about 15 to 20 minutes or until macaroni is heated through. Remove foil during last 5 minutes. Makes 3 servings. About 340 calories each.

BOURBON FRANKS
pictured on this page

This recipe's long been a favorite in the Midwest and South. If you haven't tried it, DO—makes a grand hit at parties and is so easy.

1 bottle (14 oz.) catsup
1 cup bourbon
1 cup dark brown sugar
4 packages (8 oz. each) miniature cocktail frankfurters or 2 packages (16 oz. each) frankfurters, cut into 1-inch chunks

In large saucepan, mix all ingredients except frankfurters. Cover and simmer at least 2 hours, stirring occasionally. *(Can be made ahead to this point. Cool and refrigerate up to 24 hours. Reheat sauce until hot.)* Add frankfurters and simmer until heated through, about 5 minutes. To serve, spoon into chafing dish. Makes about 64 appetizer servings. About 70 calories each.

FRANKFURTERS AND FRIED APPLES
pictured on this page

A perfect quick 'n' easy supper—especially popular with the kiddies.

1 package (16 oz.) frankfurters
2 tablespoons butter or margarine
6 tablespoons sugar
½ teaspoon cinnamon
Pinch salt
6 cooking apples (about 2¼ lbs.), unpeeled

Score franks at 1½-inch intervals. In large skillet melt butter or margarine; add franks and cook until browned, turning occasionally. *(continued)*



Clockwise from right, Bourbon Franks, Kiddie Cups, Sausage Cheese Swirls, Frankfurters and Fried Apples.



NO WEIGHTING.



It doesn't take any
ıncy fixin' to make a Dole®
anana taste good. Just peel
ıe bright yellow wrapper and
. mmm! You'll love the smooth
ıd creamy texture. Ditto the
aturally sweet flavor. If that isn't
ıough, a Dole banana's good
ır you. A medium-size banana contains only about 101 calories. It has no cholesterol. And it's 99.8% fat-free. Before you order one of those ultra-rich, super-high-calorie sundaes, think again. Then go to the head of line and have a Dole banana.

The Dole Banana.
As a snack, it's a natural.

CASTLE & COOKE, INC

SAUSAGE

continued

Meanwhile, in medium bowl mix sugar, cinnamon and salt. Core apples and slice into bowl; toss until well coated. Add apples to skillet with franks. Cover and simmer 10 to 12 minutes, stirring occasionally, until apples are tender. Makes 4 to 6 servings. About 395 calories for each of 6 servings; 590 calories for each of 4 servings.

SAUSAGE CHEESE SWIRLS
pictured on page 104

Refrigerated corn muffins form the base of this simple, tasty appetizer.

1 package (16 oz.) bulk pork sausage, uncooked
½ cup (2 oz.) grated sharp Cheddar cheese
2 tablespoons yellow cornmeal
1 package (8 oz.) refrigerated corn muffins

In small bowl mix sausage and cheese; set aside. Line a jelly-roll pan with foil; set aside.

Sprinkle 1 tablespoon cornmeal onto work surface or waxed paper. Place 3 muffins in a row; pinch and press together. With rolling pin, roll into a 13x5-inch rectangle. Spoon on half the sausage and spread to within ½-inch of the edge. Roll up from 13-inch side, jelly-roll fashion, pinching seam to seal. Place seam side down on pan. Repeat with remaining muffins and sausage.

Preheat oven to 375°F. Bake 18 to 20 minutes or until light brown. *(Can be prepared in advance to this point. Wrap well and freeze up to 1 month. Thaw and heat for 15 minutes, wrapped in foil, at 350°F. until heated through.)* Slice into ½-inch slices. Serve warm. Makes 44 slices. About 80 calories each. **End**

CAKE ENCOUNTERS

continued from page 93

BASIC DIRECTIONS FOR PREPARING ALL CAKES

1. Preheat oven according to package directions.

2. Generously grease baking and/or cake pans with solid shortening. Sprinkle with flour, tapping out excess.

3. When baking more than one pan at a time, place pans so they do not touch each other or sides of oven. This helps air to circulate freely so cakes will bake evenly.

4. Check doneness by inserting a toothpick into center of cake. It should come out clean and dry.

5. Before removing cakes from pan, cool on wire racks for length of time specified on the label.

6. Remove cake from pan and cool completely on wire racks before frosting.

7. Invert cakes before frosting (bottom sides are smoother, flatter and easier to work with).

8. Brush off all loose crumbs before frosting.

9. To keep serving tray clean, tuck strips of waxed paper beneath cake pieces before frosting. Slide strips away when finished.

10. If you don't have a tray or platter large enough, cover a large piece of cardboard with aluminum foil, tucked under and taped to the board in back. (If you do this, paper strips aren't necessary.)

11. We've always found frosting cut sides of cake tricky. It's doable, but takes patience. We often wrap cut cake pieces loosely and freeze them. Once frozen they're much easier to frost. We suggest you frost each cut piece leaving balance in freezer until ready to work.

12. Always frost sides first, then top of cake.

13. For a smoother finish, dip a metal spatula frequently in hot water and go over frosting on cake until desired finish.

14. Use dabs of frosting as glue to hold gumdrops, candy corn, etc.

15. Use thin pretzel sticks for props instead of toothpicks when needed.

16. If you wish to level cake, use a long serrated-edge knife to cut off any mounds or humps.

17. To make gumdrop ears and eyes, lips, tongues, etc: Place desired colored gumdrop in small plastic bag with ¼ cup sugar. Roll firmly with rolling pin, shaking bag often until gumdrop is flat (about 1/16-inch thick) and coated with sugar. Remove from bag and cut into desired shape.

18. To shape licorice: Preheat oven to 325°F. Place licorice on baking sheet and warm until soft, about 3 to 5 minutes. Shape as desired and hold firmly until cooled.

19. For marshmallow eyes: Cut a marshmallow in half. Roll into proper shape with a rolling pin on lightly floured surface. Cut into desired shape.

CHARLIE THE CROCODILE
pictured on pages 90–91

Completed cake size is 36x15 inches.

2 packages (18.5 to 19 oz. each) yellow cake mix
2 cans (16.5 oz. each) vanilla flavored ready-to-spread frosting
4 teaspoons green food coloring
½ teaspoon yellow food coloring
2 yellow jellied fruit slices
2 small red gumdrops
55 to 60 candy corn
1 orange ring gumdrop, cut in half
2 red ring gumdrops, each cut in half
2 pieces red licorice lace, about 11 and 8 inches each

Read Basic Directions on this page before beginning. Prepare two 13x9-inch baking pans as directed and set aside. Prepare cake mixes as label directs (two



Charlie the Crocodile

packages can be made together if yo have a large enough mixing bowl). D vide batter evenly into pans. Bake cak and cool as label directs. With electr mixer blend food colorings into vanil frosting. (Color will deepen conside ably after 1 hour.)

To shape crocodile: Cut one cake int pieces 1 and 2. Cut other cake int pieces 3 through 9 according to phot on this page. (Save cake scraps f snacks.) Place cut pieces on a cook sheet; wrap loosely and freeze for a least 2 hours or overnight.

Assemble cake using pieces 1 and for the body, pieces 3 and 4 to for the tail, 5 and 6 for the mouth and and 8 for the legs. Cut the cake circ (9) in half and arrange on head for eye Use a small amount of frosting to glu pieces. Spread remaining frosting c sides and top of cake. Use the flat en of a spoon dipped repeatedly in wat to press "scales" into the frosting. A range candy corn in mouth in doub rows for both upper and lower teeth Arrange halved orange gumdrop rin for nostrils, fruit slices for eyes and re gumdrop for pupils and red halved ring for toenails. Shape licorice aroun mouth, using 11-inch piece for upp lip and 8-inch piece for lower lip. Us frosting to glue all pieces.

MORRIS THE MOOSE
pictured on page 92

Completed cake is 23x16 inches.

2 packages (18.5 to 19 oz.) devils' food cake mix
2 cans (16.5 oz. each) milk chocolate flavored ready-to-spread frosting
1 tube (4.25 oz.) yellow decorative icing
2 whole almonds
1 marshmallow, halved
1 small green gumdrop, halved
1 chocolate pipe, optional (may be available in specialty candy stores)

Read Basic Directions on this page be fore beginning. Prepare two 13x9-inc baking pans; set aside. Prepare cak mixes as label directs (the two package can be made together if you have a larg enough mixing bowl). Divide batte evenly into pans. Bake and cool as labe directs. *(continued*

ECAUSE THE SOCK DISAPPEARS, SO DOES THE DIRT.





fore you buy a washer, take off your socks.

Throw one into a Frigidaire washer, e other into the best selling brand's best sher. Start the machines, and watch at happens.

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What you are seeing is our special Jet ne agitator at work.

It goes up and down instead of back d forth like other washers. It pulls the thes down to the bottom of the tub. And at's where the best cleaning action es place.

In fact, independent laboratory tests ve proven that our Jet Cone washing ion circulates the wash load three times re often per regular wash cycle. And ts clothes cleaner than the best selling and's best washer.*

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WHY SETTLE FOR LESS?



for our Jet Cone washers and easy-to-load wide mouth dryers, just part of the complete line of Frigidaire appliances at your local Frigidaire dealer.

CAKE ENCOUNTERS

continued

To shape moose: Draw paper patterns for moose head (upper right) and antlers, see below. Place pattern for head on one cake; cut out with sharp knife. Place pattern for antlers on the other cake; cut two. (Save cake scraps for snacks.) Place cakes on serving tray, arrange antlers on each side of head, just below ears. Frost top and sides with chocolate frosting, using a metal spatula for smoothing head. Make long strokes with a spoon for the antlers. Use frosting to glue marshmallow and gumdrops in place for eyes, almonds for nostrils. With decorative icing draw hair, eyebrow, nose and mouth. Place pipe in mouth.



Morris the Moose

PENELOPE PIG
pictured on page 93

Completed cake size is 16x11 inches.

1 package (18.5 to 19 oz.) yellow cake mix
1 can (16.5 oz.) ready-to-spread cherry or strawberry flavored frosting
2 large green gumdrops
2 large black gumdrops
2 large white gumdrops
1 small purple gumdrop, cut in half
1 large red gumdrop
2 small red gumdrops, ends cut off
1 black or chocolate licorice lace
1 red licorice lace for tail, cut 7 inches long
2 thin pretzel sticks

Read Basic Directions on page 106 before beginning. Prepare one 9-inch round cake pan, one 6-inch round cake pan and two 6-ounce ovenproof custard cups; set aside. Preheat oven to 350°F. Prepare cake mix as label directs. Divide batter into pans: pour ½ cup into each custard cup, 1½ cups into 6-inch pan and remaining into 9-inch pan. Bake custard cups for 20 minutes and 9- and 6-inch pans for 30 minutes or until toothpick inserted in center comes out clean. Cool cake as label directs.

To shape pig: Cut one small cupcak half vertically for front legs and glu 9-inch round with some frosting. S cakes: 9 inch, then 6 inch, then rem ing cupcake (see photo below) on rack over waxed paper. In small sa pan melt frosting over low heat. I melted frosting evenly all over c starting at pig's snout; cool. Move serving platter using two pancake t ers. See color photo on page 93 decorate. Roll and cut to shape g drops for ears, eyes and lips. Glue eyes, lips and nostrils with frosting. eyelashes wrap licorice lace around cil, taping both ends. Place in prehea 325°F. oven for 5 *(contin*



Penelope Pig

SWANSON INTRODUCES THE BEST-THE BREAST-OF THE CHICKEN.

Tender, juicy chunks of white meat from the breast of the chicken. All the flavor of good homemade chicken, without the fuss of stewing or boning.

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Now you can make Spanish Style Rice in less time than it takes to cook ordinary rice.

All it takes is foolproof Minute® Rice, a few everyday ingredients, and a simple-to-prepare recipe.

It's easy to add an international flavor to tonight's dinner, when you start with no-boil Minute® Rice.



Spanish Style Rice

2 cans (8 oz. each) tomato sauce
½ cup water
½ cup finely chopped onion
⅓ cup diced green pepper
¼ cup butter
1 teaspoon salt
1 teaspoon sugar
½ teaspoon prepared mustard
Dash of pepper
1⅓ cups Minute® Rice

Combine tomato sauce, water, onion, green pepper, butter, salt, sugar, mustard and pepper in saucepan. Cover and bring to a full boil. Stir in rice. Remove from heat; cover and let stand 5 minutes. Stir with a fork. Makes 3½ cups or 4 servings.

Perfect for perking up an everyday dinner—like pork chops, sausage, meat loaf...even hamburgers and hot dogs.

GF GENERAL FOODS

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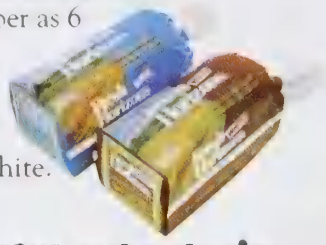
"As much crude fiber as bran cereal? I just changed my bread."





David Shaub, North Truro, Mass.

Two slices of Fresh Horizons® have as much crude fiber or roughage as two bowls of 100% bran cereal. As much crude fiber as 6 cups of raw celery. Now your family can get the fiber you want them to have in a food *they'll* want to eat—delicious Fresh Horizons. Wheat and White.



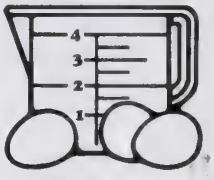
Fresh Horizons.
We add fiber and take out calories.

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To shape lion: With sharp knife cut a 1½-inch slice off narrow end of loaf cake for nose. Trim as indicated in photo (above). Use frosting to glue cupcakes around 9-inch cake, placing another dab of frosting between each cupcake. Spread top of loaf cake with dabs of frosting and place frosted side down in center of cake round. Spread frosting on top side of nos Place nose frosted side down as in color photo (page 93 Frost top and all sides of cake with remaining frosting. S color photo on page 93 to finish decorating. Spread a sm amount of melted chocolate on bottom of nose. Drop dabs chocolate throughout the mane. Spread slightly with back spoon, then with fork to simulate mane. With frosting sti marshmallow and gumdrop pieces in place for eyes, flatten red gundrop for mouth, cut licorice 4 to 6 inches for whiske Stick bottom of orange-slice ears into frosting and prop ea ear up from behind with a thin pretzel. En



Leonard the Lion



CAKE ENCOUNTERS

continued

minutes. Let cool completely. Remove tape, slide licorice off pencil. Cut into lashes with scissors. Stick individually into icing to form eyelashes. Cut black gumdrops partially in half for feet and glue into place. Shape red licorice tail and stick into top of 9-inch cake. Stick the base of each ear into 6-inch cake and prop up from behind with a thin pretzel stick.

LEONARD THE LION
pictured on page 93

The finished cake is 16 inches square.

2 packages (16 oz. each) pound cake mix
2 cans (16.5 oz. each) orange-flavored ready-to-spread frosting
2 squares (1 oz. each) semisweet chocolate, melted
2 orange jellied fruit slices
1 marshmallow, halved
2 small green gumdrops
1 large red gumdrop
2 or 3 pieces black licorice lace
2 thin pretzel sticks

Read Basic Directions on page 106 before beginning. Prepare the following pans as directed and set aside: 1 9x5-inch loaf pan, 1 9-inch round cake pan and 1 12-cup muffin pan. Preheat oven to 325°F. Prepare cake mixes as label directs (the two packages can be made together if you have a large enough mixing bowl). Pour 3½ cups batter into loaf pan, 2¼ cups into 9-inch round cake pan and 3 tablespoons into each muffin cup. Bake loaf cake for 50 to 55 minutes, 9-inch cake for 40 minutes and cupcakes for 30 minutes or until toothpick inserted in center comes out clean. Cool.

"Fewer calories than yogurt? I just changed my bread."





Judy Stewart, LaMesa, California

Two slices of Fresh Horizons® have fewer calories than a cup of unflavored, low-fat yogurt. Fewer than a cup of plain gelatin, or a half-cup of creamed cottage cheese. With Fresh Horizons you don't have to give up bread. All you give up is calories. Wheat and White.



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y way you broil it, America spells cheese KRAFT.

JOYOUS EASTER

continued from page 98

until well mixed, stopping blender occasionally and scraping down sides of container. *(Can be prepared in advance to this point. Cover and refrigerate up to one month.)* Makes about 2 cups. About 50 calories per tablespoon.

CREAMED NEW POTATOES WITH PEAS

This was always a harbinger of spring at our food editor's grandparents' home.

4 pounds small new potatoes, unpeeled
Sauce:
- **½ cup butter or margarine**
- **½ cup unsifted all-purpose flour**
- **2 cups chicken broth**
- **2 cups milk**
- **2½ teaspoons salt**
- **¼ teaspoon white pepper**

¼ cup chopped parsley
3 packages (10 oz.) frozen green peas, cooked and drained

In large saucepot heat 1 inch salted water to boiling. Add potatoes and return to a boil; cover and cook 15 to 20 minutes, until tender. Drain, keep warm. *For Sauce:* Meanwhile, in medium saucepan, melt butter or margarine over low heat. Stir in flour and blend until smooth; allow mixture to bubble for about 1 minute. Gradually stir in chicken broth, milk, salt and pepper. Cook until thick and smooth, stirring frequently. *(Can be prepared in advance to this point. Cover and refrigerate up to 24 hours. Heat in top of double boiler over hot water for 10 to 15 minutes.)* Fold parsley and peas.

Combine new potatoes and sau spoon into serving bowl. Makes 8 se ings, about 275 calories per serving.

ASPARAGUS WITH SOUR CREAM SAU

We can't imagine an Easter dinner wi out it.

4 pounds fresh asparagus
Water
2 teaspoons salt
Sauce:
- **6 egg yolks, slightly beaten**
- **1 cup sour cream**
- **½ teaspoon salt**
- **⅛ scant teaspoon white pepper**
- **1 tablespoon lemon juice**
- **2 tablespoons finely chopped chives**

Hold base of each asparagus stalk firm and bend; end will break off at sp where it becomes too tough. Disca ends. In large Dutch oven heat 1 in water and salt to boiling. Add asparag cover and cook until tender crisp, abo 5 to 8 minutes. Drain, keep warm. Ser with sauce. Makes 8 servings, about calories per serving without sauce.

Sauce: In small saucepan mix egg yoll sour cream, salt and pepper. Cook ov low heat, stirring constantly, with wi whisk for about 2 to 4 minutes un heated through. Remove from heat, s in lemon juice, then chives. Mix we Makes 1½ cups. About 35 calories p tablespoon.

CLOVERLEAF ROLLS

Homemade rolls are always a trea These freeze beautifully.

2¼ to 3 cups unsifted all-purpose flour
2 tablespoons sugar
1 package active dry yeast
1½ teaspoons salt
1 cup milk
2 tablespoons butter or margarine
1 egg, at room temperature
½ cup butter or margarine, melted

Grease two 12-cup muffin pans; s aside. In large mixer bowl combine cup flour, sugar, yeast and salt; set asid In small saucepan heat milk and butt or margarine until lukewarm. (Butt or margarine does not need to melt. Gradually add liquid to dry ingredient Beat at low speed until moistened. I crease to medium speed and beat for minutes, scraping sides of bowl occa sionally. Add egg and ½ cup flour; con tinue beating at medium speed until we mixed. With wooden spoon stir i enough additional flour to make a so dough (¾ to 1 cup). Turn onto a lightl floured surface and knead for 8 to 1 minutes until smooth and elastic, addin more flour if needed. Place dough i greased bowl and rotate to grease a sides. Turn smooth side up. Cove with clean towel and let rise in war place, free from draft, until doubled i bulk, about 1 hour. Punch dough dow Turn onto a lightly floured surface divide dough in half. Cut *(continued*

Why Seasoned RyKrisp®?

1. Seasoned RyKrisp is an all-occasion cracker. It has a taste that complements any party topping—meats, cheeses, dips and spreads alike.

2. Seasoned RyKrisp is even good without the trimmings. Because Seasoned RyKrisp has a fresh crispy texture and a flavor that can hold its own.

3. It's sprinkled with salt and a special seasoning. That's the secret to enhancing that subtle rye flavor.

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5. You can keep Seasoned RyKrisp on hand. It's one cracker that's specially wrapped so it stays fresh.

6. And since our cracker's fresh, you know it'll be crispy ...snack after snack.



he Rave Reviews Coconut Cake.

Delicious looks. Delicious taste. Delicious crunch.



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cake everyone's talking
ut: Lusciously moist and
ıut-crunchy, topped by
ımy frosting, chewy with
h-tasting coconut.

**eople who've compared
Baker's® tastes more
fresh coconut than any
er national brand.**

you love applause, bake
rself proud with our Rave
iews Coconut Cake.

RAVE REVIEWS COCONUT CAKE

- 1 package (2-layer size) yellow cake mix
- 1 package (4-serving size) JELL-O® Brand Vanilla Flavor Instant Pudding and Pie Filling
- 1⅓ cups water
- 4 eggs
- ¼ cup oil
- 2 cups BAKER'S® ANGEL FLAKE® Coconut
- 1 cup chopped walnuts or pecans

Blend cake mix, pudding mix, water, eggs and oil in large mixer bowl.* Beat at medium speed of electric mixer 4 minutes. Stir in coconut and walnuts. Pour into 3 greased and floured 9-inch layer pans. Bake at 350° for 35 minutes. Cool in pans 15 minutes; remove and cool on rack. Fill and top with Coconut-Cream Cheese Frosting.

Coconut-Cream Cheese Frosting

- 4 tablespoons butter or margarine
- 2 cups BAKER'S® ANGEL FLAKE® Coconut
- 1 package (8 oz.) cream cheese
- 2 teaspoons milk
- 3½ cups sifted confectioners' sugar
- ½ teaspoon vanilla

Melt 2 tablespoons butter in skillet. Add coconut; stir constantly over low heat until golden brown. Spread coconut on absorbent paper to cool. Cream 2 tablespoons butter with cream cheese. Add milk; beat in sugar gradually. Blend in vanilla; stir in 1¾ cups of the coconut. Spread on tops of cake layers. Stack and sprinkle with remaining coconut.

*High altitude areas, increase water to 1¾ cups and add ¼ cup flour.



Baker's tastes fresher.

GF GENERAL FOODS

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Golden Star is the filet of ham. Specially trimmed, all lean meat you never have to worry about.

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Golden Star filet of ham comes in convenient sizes to feed a crowd, feed a family, feed a friend... including the versatile little 1½ lb. size with just enough for four generous servings.

For a memorable ham, remember Golden Star by



Armour. Filet of ham so good, the only thing you'll throw away is the can.

Filet of Ham

GOLDEN STAR by Armour



OYOUS EASTER

continued

h half into 36 pieces. Shape each ce into a smooth ball. Place 3 balls o each muffin pan cup. Brush tops erously with melted butter. Cover l let rise in warm place until double ulk, about 30 minutes.

Preheat oven to 375°F. Bake rolls for minutes until golden. Remove from ıs. *(Can be prepared in advance to s point. Cool on wire rack. Wrap ll and freeze up to 1 month. Thaw ıpped at room temperature.)* Makes rolls, about 100 calories per roll.

AMBROSIA

planned this as a salad, but it serves ually well as a dessert.

medium oranges
cup confectioners' sugar
cup orange juice
esh pineapple, peeled, cored and cut nto bite-size pieces
up freshly grated coconut or 1 cup laked coconut

h sharp knife cut peel off each nge, cutting deep enough to remove white membrane. Cut along both s of each dividing membrane and out sections from center, keeping ions whole. (Remove sections and eeze membranes over bowl to retain e, if desired; you need ¼ cup.) In e bowl combine juice with sugar un-dissolved. Add oranges, pineapple coconut, reserving 1 tablespoon nut for garnish. Toss lightly. *(Can prepared in advance to this point. er and refrigerate up to 24 hours.)* nkle on reserved coconut. Makes ut 7 cups, about 90 calories per ½-serving.

CHOCOLATE ECLAIRS

h on the list of everybody's favorite ert.

up butter or margarine
p water
p unsifted all-purpose flour
easpoon salt
gs
ng:
cup sugar
cup unsifted all-purpose flour
teaspoon salt
½ cups milk
½ cups heavy or whipping cream
eggs
tablespoon vanilla extract
colate Glaze:
squares (1 oz. each) semisweet chocolate
tablespoon butter or margarine
tablespoons light corn syrup

se a large cookie sheet; set aside. medium saucepan heat butter or garine and water to boiling (butter margarine should melt). Turn off . Add flour and salt all at once and vigorously with wooden spoon until ure forms a ball and leaves sides of pan. Add eggs one at a time, beating vigorously after each.

Preheat oven to 400°F. Place batter into pastry bag (no tip needed). Squeeze dough onto cookie sheet into 12 4x1-inch strips, about 2 inches apart. (If you do not have a pastry bag, drop batter into 12 mounds. Spread each with spatula into a 4x1-inch rectangle.) Bake 35 minutes or until golden. Cool on wire racks. *(Can be prepared in advance to this point. Wrap and freeze up to 1 week.)*

Custard: In medium saucepan combine sugar, flour and salt. Stir in milk and cream. Cook over medium low heat, stirring constantly, until thickened, about 10 minutes. In small bowl beat eggs. Beat a small amount of hot milk mixture into eggs, then add eggs to saucepan, stirring rapidly to prevent lumping. Cook until thickened, stirring constantly. *(Do not boil.)* Stir in vanilla. Cover surface with waxed paper and refrigerate until well chilled. *(Can be prepared in advance to this point. Cover and refrigerate up to 24 hours.)*

To assemble: Cut off top of eclairs and fill each with about ⅓ cup custard, pressing into ends. Return top and glaze.

Chocolate Glaze: In small saucepan melt chocolate and butter or margarine. Stir in corn syrup until well mixed. Spread glaze on filled cream puffs. Refrigerate until ready to serve. *(Can be prepared in advance; cover and refrigerate up to 24 hours.)* Makes 12, about 445 calories each. **End**



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When the flavor really counts, make the butter LAND O LAKE

Prize catch.

Fish fillets, dressed with tender morsels of savory stuffing and topped off with a dilly Land O Lakes Butter sauce. A prize of a recipe because it's delicious fare that's actually simple to prepare. Fish fillets and Land O Lakes Sweet Cream Butter—delicate flavors that go together naturally. Land O Lakes Butter in your choice of lightly salted, unsalted and whipped.

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LAND O LAKES Lemony-Stuffed Sole Fillet

1/3 c. each LAND O LAKES Sweet Cream Butter and chopped celery
2 tbsp. chopped onion
1 c. herb-seasoned stuffing mix
1 tbsp. each chopped parsley and lemon juice
1 tsp. grated lemon
1/4 tsp. each salt and pepper
1 lb. sole or other fillets (4 med.)
1/3 c. LAND O LAKES Sweet Cream Butter
1/2 tsp. dill weed

Preheat Oven: 350° Yield: 4 serv

In 1-qt. saucepan melt 1/3 c. butter over med. heat. A celery and onion; saute until tender. Stir in stuffing parsley, lemon juice and peel, salt and pepper; set Cut each fillet to make 8 (3x4") fillet halves; place 4 halves in ungreased 9" sq. baking pan. Top each ¼ c. stuffing mixture; then remaining fillet halves. 1/3 c. butter; stir in dill weed. Pour dill-butter over Bake near center of 350° oven 20 to 30 min. or until flakes with fork. Spoon sauce over fillets. Return to oven for 5 min.

BIGELOW TEAS



Ten very special teas
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1 "Constant Comment"
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Lemon and spice give this tea a delightful, refreshing flavor.



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Offer expires 12/31/78. Allow 4 to 6 weeks delivery.



Wild Weekend Diet!

continued from page 58

Thursday's menu offers more calories than Monday's—775 each day—and more variety. Pick each day's menu from the selection shown on page 58. It's all right to hoard your milk or fruit for a snack. It's also permissible to cut down on serving sizes.

Friday, Saturday, Sunday: On Friday, select breakfast and lunch from the Tuesday, Wednesday, Thursday menu. But on Friday night, relax! Now you can spend those calories you saved during the week, beginning with an 1,100-calorie dinner. We've listed some suggestions for Friday, Saturday and Sunday nights, but you can plan your own special meals with the help of a good calorie guide (for a hint on how this works, see the countdown on Eggs Benedict). A calorie guide also will give you ideas for brunch, lunch and breakfast, and steer you clear of diet disasters.

DINNER SUGGESTIONS

Roast beef or steak and baked potato with butter or sour cream
Rack of lamb and asparagus hollandaise
Veal Marsala and rice pilaf
Baked ham with pineapple and a sweet potato

Add low-calorie vegetables such as spinach, green beans, broccoli or green salad to your main course; exercise caution with high-calorie items such as butter, sauces, sugar, fried foods and meats; remember to measure your portions and to stick to average helpings. If your calorie guide says the meal is under the 1,100 limit, you may want to add a tablespoon of blue cheese dressing (75 calories) and an alcoholic beverage (about 80 calories per ounce). Or, if desserts are your passion, calculate your calories and substitute a slice of fruit pie for a high calorie item. (The calorie count for the most commonly offered fruit pies appears on page 122.)

Saturday and Sunday Brunch

The Wild Weekend Diet allows a 650-calorie brunch on Saturday and Sunday. Here's how you stay within the calorie limit:

Eggs Benedict:

Ingredients	*Calories*
English muffin	130
2 tablespoons butter	70
2 ounces ham	140
2 eggs	160
¼ cup hollandaise	40
	540
Bloody Mary	+110
Total calories	650

Other brunch choices.

Waffles or French toast with syrup
Eggs and bacon with an English muffin
Lox, bagel and cream cheese
Omelet with homemade biscuits
Creamed chipped beef on toast

(continu

MARCH RECIPE INDEX

Here is a listing of recipes appearing in this issue including those from the Journal kitchen and advertisements. All have been tested by home economists.

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"See how Shake 'n Bake® COATING MIX keeps chicken more moist and tender."



Fried chicken can be dry.
Baked chicken can be dry.
But chicken made with Shake 'n Bake® coating mix comes out more moist and tender—because the crispy coating seals in the juices.

"With Shake 'n Bake® coating mix you get crispy chicken at its tender best."

Lime light dessert made springtime easy.

Here's a deliciously light springtime dessert that's easy to make. Simply combine creamy smooth Eagle® Brand and other ingredients and pour into graham cracker crust. You'll be out of the kitchen and into the limelight in no time.

LIME CHIFFON DESSERT
(Makes 12 servings)

- 1/4 cup butter or margarine
- 1 cup graham cracker crumbs
- 1 (3-ounce) package lime-flavored gelatin
- 1 cup boiling water
- 1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk
- 1 (8-ounce) can crushed pineapple, undrained
- 2 tablespoons ReaLime® Reconstituted Lime Juice
- 4 cups miniature white marshmallows
- 1 cup (1/2 pint) whipping cream, whipped
- Lime twists, optional

In small saucepan, melt butter; stir in crumbs. Pat firmly on bottom of an 8-inch-square or 11 x 7-inch glass baking dish. Chill. In large bowl, dissolve gelatin in boiling water; stir in sweetened condensed milk, pineapple and ReaLime. Fold in marshmallows and whipped cream. Pour into prepared pan. Chill 2 hours or until set. Garnish with lime twists, if desired. Refrigerate leftovers.



BORDEN

Wild Weekend Diet!

continued

Cheese soufflé
Chicken á la King with toast triangles

Afternoon Snacks

On Saturday and Sunday, besides the 650-calorie brunch and the 1,100-calorie dinner, you're allowed a 200-calorie snack that could consist of one of these: ½ cantaloupe filled with a scoop of ice milk or cottage cheese; an open-faced grilled cheese sandwich made with one slice bread and 1½ ounces cheese; 3½ ounces water-packed tuna with lettuce, diet dressing and a packet of saltine crackers; 3 ounces cold chicken (white meat) and a whole tomato. If you'd prefer breakfast and lunch to a snack and brunch, that's fine. Just keep the combined calories down to 850.

On Monday, it's back to the 560 calories of cottage cheese, tomato juice and salad. But after your wild weekend, a no-think, no-choice diet may be a welcome relief for mind *and* stomach! **E**

Lois Lindauer is International Direct of The Diet Workshop, the nation franchised, group weight-control p gram.

Pie	Calories per serving*
Apple	300
Blackberry	290
Blueberry	285
Cherry	310
Peach	300
Pineapple	300
Pumpkin	240
Rhubarb	300
Strawberry	235

*Each serving is ⅛th of a pie





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Wild Rice Mushroom Bayou

Makes 4 to 6 servings

1 package (6 oz.) UNCLE BEN'S® Long Grain & Wild Rice
1 can (3 oz.) B in B Sliced Mushrooms, drained (reserve broth)
1 tablespoon butter or margarine
1 tablespoon flour
¼ teaspoon salt
pinch of white pepper
¾ cup milk
1 package (3 oz.) cream cheese, softened
1 can (4½ oz.) tiny whole shrimp, rinsed and drained
1 package (10 oz.) frozen cooked asparagus, drained

Cook rice according to package instructions. Meanwhile, make sauce by melting butter over low heat. Mix in flour, salt and pepper; when bubbly, remove from heat. Stir in mushroom broth and milk. Cook over medium heat; stir constantly, until thickened. Cook 1 minute longer. Add cream cheese, stir with wire whip until smooth. Add half the mushrooms to the sauce. Mix shrimp and remaining mushrooms with rice; spoon over asparagus arranged on platter. Top with sauce to desired taste.

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Liz Atterman
San Francisco, California

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Try *Good Seasons*® Italian Dressing Mix tonight. We'll bet *you* switch.



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COUNTRY CHILD

continued from page 72

nectedness she felt in the city. Charley feels more a part of things.

"Daddy, a kid at school is gonna show me how to trap bears. Real bears." Charley's eyes are sharply adventurous.

"There aren't bears here anymore, Charley. Maybe fifty years ago. Not now." Ed is listless. His listlessness is my listlessness. Our lives are flecked with sawdust and molding cabbage leaves.

What are we going to do about Sandy?

Weeks go on. Our budget is on a diet. The country people can't afford new fancy cabinet work. More coffee tables for the few who can afford them. The only constant is winter. Relentless chill, we all sleep near the fireplace. Ice crystals are breathtaking on the pine trees, less so on the plumbing. Soska sleeps next to us in the living room. The cow's belly grows.

Sandy wakes the earliest, to put on her makeup.

"You know what we live in? We don't live in any place civilized like Peoria or Manhasset Hills—we live in a neck of the woods! I never in my life wanted to live in a *neck!*"

"Honey, what about the nice curtains we made for your room? Those are civilized." I don't like to hear myself being plaintive. "And what about Jerry? He seems *nicely* civilized."

"I'll tell you something," she says, measuring an eyebrow that looks per to me, and raising a pair of tweezer its general direction. "I hate board fl I hate sawdust all over the place, I frozen plumbing. I hate pine trees." breathes irascible steam on the mi "And Jerry's an immature child. didn't even know Frank Zappa *exi* until I told him. He milks *cows!*"

Ed and I take stock of the situa and sigh a lot, while Charley persis thinking he's going to trap bears. come up with exactly nothing.

I teach school, Ed turns out one and two coffee tables. Sandy finishes latest copy of *Vogue* and begins *Complete History of Rock'n'Roll.* W shivering. Can spring be far behind

Letters continue to arrive for Sa all about the urban excitement she m so much. Sandy wants to know w gone *wrong* with her life. We talk to about spring planting and she stalks of the room.

We're afraid the cow is going to c in the icy weather. Vet's advice notw standing, we're not sure we know to bring mother and child throug the cold.

I'm tired. Ed is tired. Charley tire the bear-trapping fantasy. Sandy's t of everything.

She doesn't like feeding the cow any of her other chores. And so, night when the electricity has un gone one of its periodic stoppages, I think winter can't get much cold wonder what's keeping her. And ev body else. I stand in my parka on porch whose boards are so cold that crackle under me. I'm holding a fl light. My mind is too threadbare to mire the winter moonlight, so I just All three names.

Nothing happens.

I put on my unglamorous boots, Soska and I head for the barn. Ther light in the window. Soska wander before we're halfway there.

Not a barn, really. Not in the An can sense of the word. The size cabin, but big enough for the co push the door open against crusted sn and call all three names again.

"SSSHHHH!" is my answer.

Oh, my God. Not now.

Yes.

The cow is hunched on the stra filmy face stretches from the birth ca She heaves. More. Again. More heav more mucusy infant body extrudes.

In the lantern light Sandy, my girl, is kneeling on the hay, talking so "Come on, good cow, come on . . ."

Charley has his hand over his mo Ed is beside him, tall and intense covered with sawdust, holding the tern.

A lantern isn't meant to shine stea like an electric light. It flickers, hesita glares bright and then *(contin*

"I am not fattening"!"



"There, I've said it. And I probably surprised you. But let me ask you this:

Did you know that a boiled potato, ounce for ounce, has fewer calories than cottage cheese, rice, lamb chops or bran flakes? Well, it's true.

And it's not true that carbohydrates (such as myself) are just useless 'filler' foods. A healthy human body needs carbohydrates. In fact, the experts say that you need more carbohydrates than you do fats and protein combined.*

You also need the important vitamins and minerals that potatoes have to offer: Vitamin C, Vitamin B_6 and Niacin, just to name a few.

Now who knows what is fattening? Life can be fattening. Maybe happiness is fattening. But please don't blame me. I'm a good food, and I'm good for you."

The potato. Something good that's good for you.

*Recommended Dietary Allowances, National Academy of Sciences, 1974. ©The Potato Board 1977



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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

COUNTRY CHILD

continued

hesitates again. In the faltering lantern light Sandy talk her sister-female-cow and tells her to be of good cheer.

". . . that's good, cow, that's good . . ."

The cow moans.

And the calf appears, whole, damp, delirious with the parting of birth, and Sandy sits back on her heels. . . .

Near midnight, in front of the fire with hot chocolate warmed-over baked beans, the four of us let our exhaus settle on the hearth. Our family is richer by one, and eac us has to try to understand it in our own way.

Charley's let Ed put him into his pajamas. Sandy, no has to do things her way, as usual.

The silence of the night lies around the fire.

"Dad," Sandy says, "can the calf be mine?" Her hand red and rough around the mug.

"Well, Sand, it's work you know, it's not like a dog or it's not—"

"I know that, Daddy, I'm fourteen. I know that." Her shine with pride.

"It's got goo all over it. *All* over it," says Charley.

Sandy turns her face sideways in the firelight. "T because it's been inside the mommy. She's been protecti with the goo. That's the way it is, Charley. Didn't you se way she licked it off?"

Ed and I look at each other, two halves of a single look.

"Well, Daddy, do I get the calf for mine?"

"Yes, Sand, you do. If you'll—"

"Of *course* I will. Just watch me."

"Okay, it's a deal."

Charley's almost asleep. "What're ya gonna nam Sandy?"

Sandy edges back in the rocking chair. "I'll tell you i morning. I have to ask Jerry how to raise a calf, I gu She laughs, a comfortable laugh of belonging. In that mo I know my city girl has turned back into a full memb our country family.

Right here I have to say something else about love. I love exists when it's chilly and the calf won't eat its feed I see my strong country child standing ankle deep in with her platform shoes coated with manure and she to me and smiles.



"Watch who you're calling a quack!"

his Easter, the eggs are free!



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*1. The opening flap with cooking instructions from Swift Premium Brown 'N Serve Sausage. 2. The ingredients list from a Sara Lee All Butter Coffee Cake. 3. The word "EGGS" from the front of any carton of eggs.

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Spending Your Money

continued from page 22

you own in your own names, and the assets you share, go to each other should either of you die.

1) You may not realize the extent and value of your combined assets. Do you own a car? Have any valuable antiques or jewelry? A savings account or any other type of account in a financial institution? Life insurance? Assets accumulating under a retirement plan? What about expensive stereo or other electronic equipment? Or perhaps you own or partially own real estate?; 2) You must have wills—if you want part or all of your assets to go to beneficiaries other than your relatives, and to avoid bitter confusion about your wishes. Friends and other unrelated individuals (the category in which the two of you legally belong) would not receive a penny by any legal process if you died intestate (without a will). In some cases, should you have no relatives, the state in which you live, and not your beloved, would benefit; 3) If there are children from your previous marriages, a will becomes even more crucial. Your companion would have no legal right as guardian if there were no will—but if you had written wills and named each other as guardian of children, a court would have to show good cause to ignore your choice, assuming there was no supporting parent to contest the claim.

You always can change a will. So, if you are a mingling single, love your companion (and child or children from previous marriages living with you), and if you value your property, pay attention to the laws of the society in which you live. Make a will today! Do it properly! And keep it up-to-date!

What am I entitled to inherit by law under my husband's will?

While laws vary widely from state to state, a widow is generally entitled to one-third or more of her husband's estate, and if he leaves her less than that in his will, the court may later grant the inheritance to her anyway. In addition, many states will recognize what is called the wife's "right of dower." This means that she is legally entitled to the use of one-third of her husband's real estate so long as she lives. In some states, the husband has a similar right to the real property of his deceased wife, known as the "right of curtesy." **End**

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How to cope with infidelity and keep your marriage together.

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Booklets to Send For

"The Personal Care Handbook," from Conair, contains 20 pages of tips on hair and skin care, exercise, nutrition and general fitness. Send a self-addressed, stamped, legal-size envelope to: *Personal Care Institute, c/o Conair, Post Office Box 5098, New York, N.Y. 10022, Dept. LHJ.*

Armstrong is prepared to tell you all you need to know about carpeting in their three-leaflet package that includes: "How to Figure Out Your Carpet Needs," "How to Install Do-It-Yourself Carpet," and "How to Care for Your Carpet." All free from: *Armstrong Cork Co., Lancaster, Pa. 17604, Dept. LHJ.*

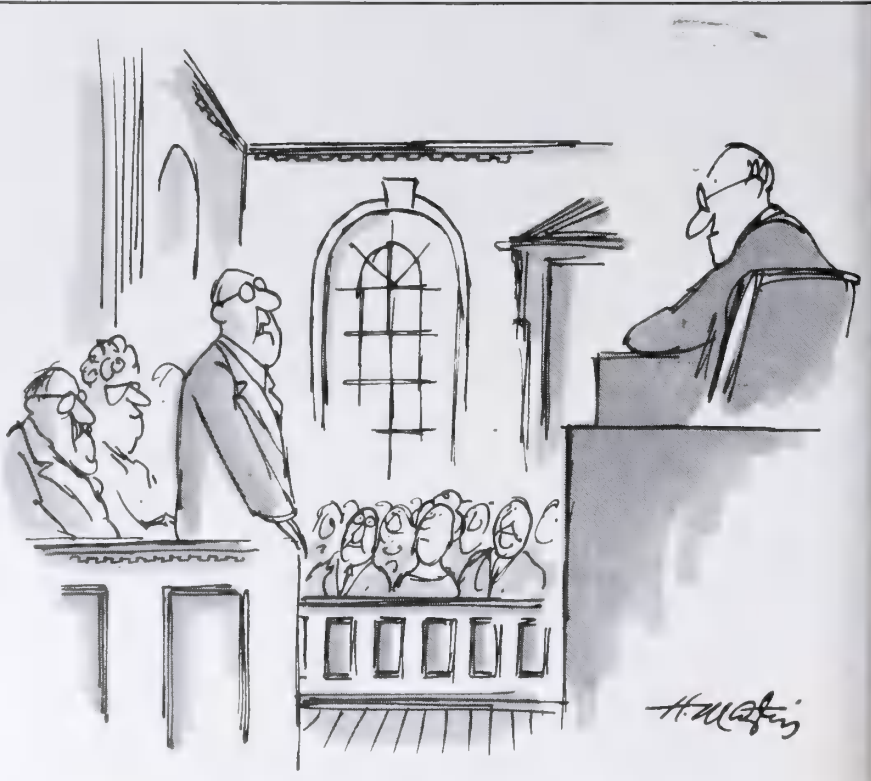
Kinney Shoes has launched a fascinating new program to get Americans walking again. Separate Walking Tour packets will eventually cover the whole country; now available is "Walking the West," a collection of 16 walks (each of an hour or more) all along the West Coast, from San Diego to Seattle and "inland" to Denver. Handsomely printed, complete with maps, all written by local experts. For "Walking the West," send $1 for postage and handling to: *Kinney Walking Tours, P.O. Box 5006, New York, N.Y. 10022.*

"Introducing Cottage Cheese," from Borden, is 32 pages of over 60 recipes for cottage cheese appetizers to desserts. From Savory Stuffed Mushrooms to Cottage Cheesecake. Send 50¢ to: *Box 775, Young America, Minn. 55399.*

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"Beyond Chicken Soup," 96 pages of authentic Jewish recipes, is a good introduction to this ethnic cusine. Four-color illustrations for foods from appetizer to dessert, plus special holiday suggestions. Send $1 to: *Beyond Chicken Soup, Dept. BCS-LHJ, Box 307, Coventry, Conn. 06238.*



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The goodness nature gives long grain rice is on· he outside and most rice you buy has that goodness stripped away. But Uncle Ben's found a way no one else found to seal that goodness inside every grain. utiful, separate and naturally delicious, every time. there's only one Uncle Ben's® Converted® Brand Rice.



ricot Glazed Ribs with Almond Raisin Rice

ıbine raisins with UNCLE BEN'S® IVERTED® Brand Rice and prepare rding to package directions. At end of cooking time, stir in slivered almonds. Serve with spareribs baked until tender and glazed with sieved apricot preserves.

The Working Woman

continued from page 26

At first, there was the excitement of creating a livable paradise out of a jungle paradise. Jim worked with the architect, builders and landscapers while Bonnie designed the interiors, chose furnishings, paintings, maids' uniforms and towels. When the resort was in running order, both Singers greeted guests; he continued to oversee outdoor and maintenance problems and she handled reservations, billing and personnel.

After about seven years, when the island experienced crucial setbacks to tourism, the Singers experienced some changes, too. The bloom was off the bougainvillea for Bonnie Singer. A recent dialogue tells the story.

Bonnie: I don't really like the hotel business. I consider it an invasion of my privacy, which is a poor attitude for an innkeeper.

Jim: I enjoy giving people something they appreciate and seeing the place look so well all year. I just wish business would improve.

Bonnie: I'd like us to be open December to April, then travel and come home to a house in the States. I thought of starting a theater group here or going into politics, but everything is closed to aliens. Sure, I like to sew, read, swim and play tennis, but you can't do that for ten years and feel productive.

Jim: Bonnie's bored, and I try to empathize. Yet I'm not a good traveler and I still love everything I do here. There are at least five more years' worth of things to do on the island.

Bonnie: I can't think of anything worse than to be doing this five years from now. Jim wants to keep pouring energy and ideas into this place until he can sell it to some sheik for a million dollars. I'd like to turn it into condominiums and move on to something new. We're only fifty. I want to go back to school to become a paramedic, travel, go to the theater and concerts. I have to be near some city to get the stimulation I'm missing.

Jim: I respect the way she wants to run the rest of her life. I just hope something will turn up—some compromise that will let us continue to work together. If I'm forced back to the city, it will kill me. I'd move back if it were a matter of Bonnie's health—but not just because she's discontented.

Bonnie: This place is responsible for over fifty percent of our arguments. We always end at this impasse. I think we've been in this business too long. When you've had a big-city marriage, working side by side sounds great. But when we spent less time together it was better and more meaningful time, I believe. Now I think we're suffering from too r togetherness.

Four teamwork couples, three success stories. In the Singers' case can't know whether it was indeed getherness" or the island's unique tion that caused Bonnie's disenc ment and disagreement.

What seems important about modern "Mom and Pop" operatic the fact that we consider them at a usual. If two people enjoy simila terests and manage the complexiti married life, isn't it logical that should be compatible, trustworthy, ness partners as well? If wife and band share spending decisions, shouldn't they share in producin income?

Perhaps it is not the "working to er" that surprises us, but the noti wife as *equal* partner. As we accu ourselves to women who are ac plished in their own right (not jus usual role of helpmate), the husb wife team may become a much normal alliance.



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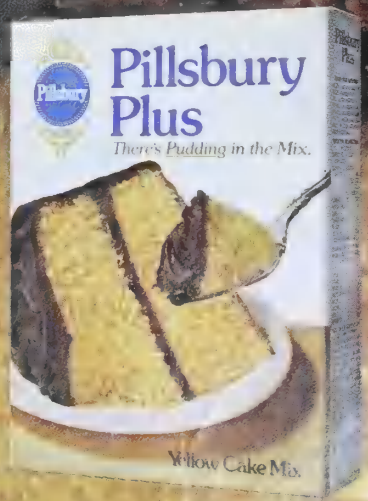
One taste of Pillsbury Plus Yellow Cake will tell you what no words can: Scratch has met its match.

The moistness of scratch. The firmness of scratch. The rich flavor of scratch.

The "plus" is our special blend of pudding right in the mix. And the proof of the pudding is the taste of the cake. The taste of scratch.

Costs no more than ordinary cake mixes.

Pillsbury



Devil's Food, White, German Chocolate, Lemon, Fudge Marble, Butter Recipe, Dark Chocolate.



JOE'S ANGEL

continued from page 66

"In three months we were rehe in Dublin." Levine laughs. "And sl the whole damn thing! If it were Katharine, *A Lion in Winter* would have been finished. But let me exp Levine had hired a young, first-ti rector, Tony Harvey, whom Katl and Peter admired for a short featu had done. "He was kind of an exc young man, rather nervous. wouldn't be, with actors like O'Too Hepburn? So the first day of shoot Ireland, he ordered the press off t like some old temperamental dir Before I could even get into the act Hepburn—Katharine, *Kate*—said to '*Mister* Harvey! Do you realize the is the lifeblood of our business? Mr. Levine is going to have four n dollars invested in this picture?' gives you an inkling of how she everything. Then she sort of ad Tony Harvey, guided him. She kn had talent.

"And here's another story about Peter got drunk one night durin filming. He had a reputation for dri a lot, a reputation I don't think h serves—I could drink him unde table any time! But he did get drun once. Katharine punished him: didn't talk to him for a week. He like a little baby. Putty in her h Because he loves her so much. Sh really dress you down on occasion.

"Kate speaks what's on her mind that she would hurt your feelings. you were hurting the picture, or hu somebody else, she wouldn't hesita tell you. No matter who you were.

Kate gives advice

"For example, it is customary, th night on location, for the produc have a party for the cast. But Kate me, 'Mr. Levine, don't have a party erybody will come in with a big tomorrow. We don't need that. We enough trouble without it.' So I pron her we'd just have an early dinner a little wine. We had dinner at six-t and everybody left at eight-thirty.' Levine smiles, remembering. " 'Mr vine,' she called me then. Kate is a formal person. Keeps her distance. long time she called me Mr. Le Now it is Kate and Joe."

Katharine Hepburn did one thing Joe still finds hard to believe. "It is s thing that has never before been in the movie business, to my knowle

"She had worked two weeks over on the film. She was entitled to twe five thousand a week. At that time, I also making *The Graduate*, with a new director, Mike Nichols, and *Producers* with another beginning d tor, Mel Brooks—so I was *(contin*

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JOE'S ANGELS

continued

making three movies at once. Kate knew it. I don't remember whether I *was* a little short of money, or if Kate just *thought* I was. In either case, money was not too plentiful. I had enough to make the pictures, but I wasn't as loaded as I had been, or as I am now.

"She wouldn't take the overtime money! 'When the picture makes money,' she told me, 'you'll pay me.' I tried to pay her several times. Then I wanted to buy her a Rolls-Royce. She wouldn't take it. 'I don't need a Rolls—I've got a car,' she said." "*Caah*," it comes out, in Levine's Boston accent. He laughs. "She'd rather ride a bicycle anyway. She and Peter came to work every day on bicycles." He pauses. "You know, she never did take that money."

One day, after the filming, when Katharine Hepburn visited Joe at his New York office, he asked what she thought of the completed *Lion in Winter*. To his amazement, she told him: "I never look at my own films." But she agreed to look at the movie—a movie that earned her an Academy Award—right there and then in Levine's screening room. "I told her I'd lock the door and nobody would bother her, and I'd come in when the picture was over. When I came in, Kate was sitting there, sobbing. She embraced me. In Hollywood everybody embraces everybody else—but Kate doesn't. And embracing me, crying, she said, 'I was very good, wasn't I, Joe?' " Thinking of it now, Joe is silent for a moment. Then he nods. "And she *was* . . . very good."

Secure relationship

I look at Joe Levine, movie mogul. I think of Joe Levine selecting actresses for their talent and beauty, of his meeting and mingling with the famous and the royal. How must his wife feel about the glamorous women who surround him? How, with the constant travel, the endless wheeling and dealing, did their marriage stay intact? I'm dying to know the secret of that secure relationship. Here's how Joe Levine explains the success of their marriage, and how Rosalie viewed it when I talked to her later.

"Rosalie is very much a woman," the Boston boy says about the Boston girl he married 39 years ago. When they met, Rosalie—young, pretty and blond—was singing with Rudy Vallee's band. Her singing career ended when she married Joe Levine. "Rosalie's real career became taking care of me," he says.

Rosalie almost always travels with Joe—hundreds of trips. "I'd go home and tell her we were going to Japan, and she'd get packed. No complaints," Joe tells me. Did such sudden announcements ever secretly bother Rosalie? (ROSALIE: *I always found it terribly exciting. I have a deep lust to see every part of the world, even though I'm frightened of flying. Joe tries to relax my fears by being funny; he'll look out of the plane window on take-off and say, "Oh!—I think one of the motors just fell out!")*

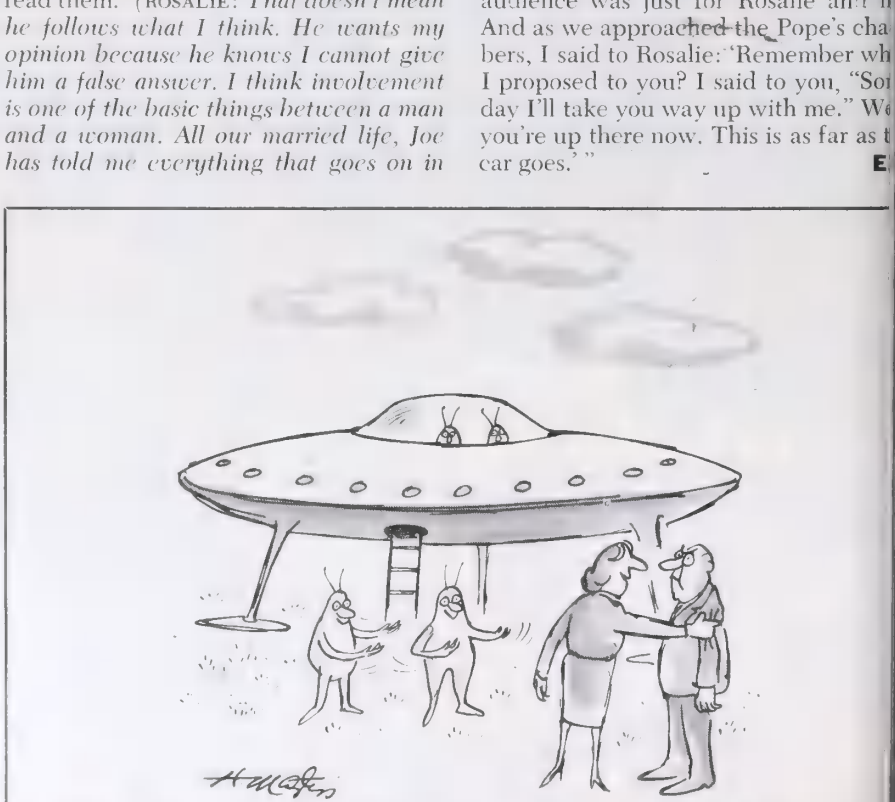
Early in the marriage, Rosalie made her own valuable contribution to her husband's business: She master-minded the production of the famous, glittering parties celebrating Joe Levine's movie openings. "She is tremendous at it," Joe Levine brags to me now. "Twenty years ago, when I completed *Hercules*, she handled a party for over a thousand people. It was held in the Grand Ballroom of the Waldorf-Astoria. The ceilings are very high, and Rosalie erected a fifty-foot-tall model of Hercules." She conceives the party theme, the menu, the decorations, the seating—everything!

Can a movie mogul who gives parties and circles the globe be a family man as well? I ask about the Levine's two children, Tricia and Richard, who are now grown. Throughout the years, whenever possible, says Levine, he and Rosalie took the children along on trips. "It worked out well," says Joe. (ROSALIE: *I'll tell you why it worked: We found it more of a comfort to have the children with us than to be worrying about them being at home* without *us.)*

Rosalie always has been involved in Joe Levine's business. Joe waves a hand at three or four books lying on his desk: "I discuss every property with Rosalie. By properties, I mean books I am considering buying for a movie. We both read them." (ROSALIE: *That doesn't mean he follows what I think. He wants my opinion because he knows I cannot give him a false answer. I think involvement is one of the basic things between a man and a woman. All our married life, Joe has told me everything that goes on in his business. I'd never say, "Oh, let's n talk business now!" We discuss mar other things, of course. Joe is a great a collector, and he has hobbies, and so o But the motion picture business is th basic part of our life. I love to hear abo it. I would never cut him off, or be di interested. Not only because movies a his life's blood, but because I find it fa cinating, too.)*

Later, in the Park Avenue office, in lull between Joe answering telepho calls from Vienna, Amsterdam and Lo don, I ask him if he'd ever consider r tiring. "I once retired," he tells m "About four years ago. It lasted fo days." (ROSALIE: *I would never want J to retire. Never. Because I think it is dreadfully stultifying experience to cut off from something you've done your life. And though Joe isn't a youn ster any more—I always think of him a young fellow.)*

In Rome not long ago, the Levin had a 32-minute private audience wi the Pope. They brought rosaries for t Pope to bless for their Catholic friend and the tiny scrolls called *mezuzahs* be blessed for their Jewish friends a relatives. Telling me about the visit, J shakes his head incredulously. "Imagi a little newsboy from Boston going in see the Pope." He laughs and runs hand over his gray hair. "In the Vatica when we went for our audience, walked through lots of corridors, p anterooms with thousands of peop waiting—one audience sometimes h two thousand people at once. But t audience was just for Rosalie and m And as we approached the Pope's cha bers, I said to Rosalie: 'Remember wh I proposed to you? I said to you, "So day I'll take you way up with me." W you're up there now. This is as far as t car goes.' " E



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HEADLINERS

We live in a world of star magic. Some stars are old friends; some are new, young meteors. Here, five profiles on the top talents rising or on top in TV and movies. Their unifying theme: The power to entrance audiences with their talent.

Travolta Fever

Look out Robert Redford and watch it Fonzie! Here comes John Travolta: he's charming, he's talented—and his big, blue eyes see 10,000 fan letters a day. By Frank Rose.



Seven years ago, when John Travolta was 16, he quit high school to become an actor. He'd just finished 10th grade. He wasn't worried. If he couldn't make it as an actor, he would fly planes for a living and act in his spare time. He came by his passion for acting honestly—his mother is a high school drama coach—but he's not sure how he came by his love of flying. He thinks it may have started when he was growing up in Englewood, N.J., right underneath the flight corridors for La Guardia Airport. The youngest of six children in a combination Irish Catholic-Italian Catholic family, Travolta, who, by the way, converted to Scientology, remembers lying awake at night, listening for the planes and wishing he was on one. That feeling came back to him recently, when he actually was aboard a plane. It was late at night and everyone was asleep except the pilots. Travolta, looking down at all the darkened houses below, suddenly wondered if there were kids inside with the same yearnings he'd known. As for his own childhood dream, it had come true in a remarkably literal way. He was flying in the DC-3 he'd bought last summer. It was just like the ones that had soared over Englewood when he was a kid.

Besides the reconditioned DC-3, Travolta owns three other means of rapid transport: a single-engine Air Coupe, a 1955 Thunderbird and a brand-new Mercedes. Home is a rented apartment in West Hollywood. He did not get any of these things by going back to high school or by becoming a pilot. He got them by acting—specifically, by playing Vinnie Barbarino on ABC's comedy series, *Welcome Back, Kotter*.

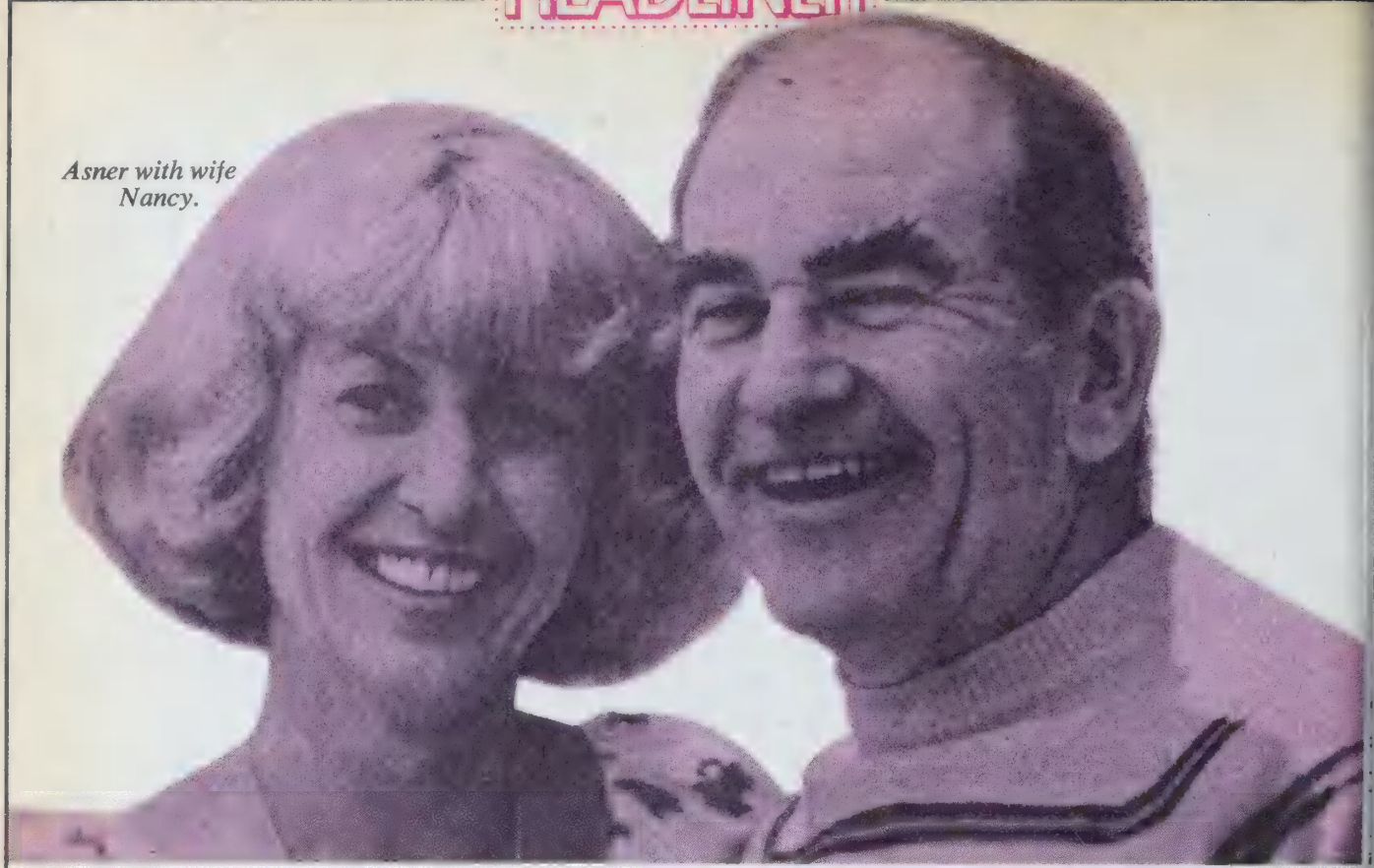
As Vinnie Barbarino, Travolta draws about 10,000 pieces of fan mail per day—even though he isn't even the show's star. He's only on for five minutes per episode, ten episodes out of every 13. But five minutes of Travolta's cleft chin, dazzling grin and luminous blue eyes are all some of his more exuberant fans can comfortably handle.

Travolta has eyes that would melt a tuna's heart and a face that's radiant. He can charm anything in sight. Clearly he has charmed Hollywood.

His new movie, *Saturday Night Fever*, features Travolta in every scene but one. He plays Tony Manero, a 19-year-old who still lives with his family in Brooklyn and works in a neighborhood paint store. Tony's father is an unemployed construction worker, his older brother is a priest, and his mother worships the older brother. But being the unworshiped son doesn't bother Tony, he gets his own kind of ego satisfaction—on the dance floor of discos.

Tony's is a success story. He starts a success in one world, the discos of Brooklyn, and he ends an obvious candidate for success in another—Manhattan. Travolta's is a success story, too. He moved into a half-condemned tenement in New York's Hell's Kitchen when he left home, earned $50 a week doing summer stock in New Jersey, took acting and dancing lessons and sent away for mail-order high school education courses, which he quickly dropped. He signed with his manager, Bob LeMond, early on, started doing commercials and off-off Broadway, moved to Hollywood and got a couple of one-shot television parts, then joined the touring company of the musical comedy *Grease*. After nine months on the road, he spent almost a year in the Broadway cast of *Grease* and *(continued on page 143)*

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Asner with wife Nancy.

The "Dark Corners" of Edward Asner

"I'm learning that my anger is destructive, but I'm still not the ideal person to live with." A lovable guy explains why he is not a lovable guy. By Phyllis Battelle

Mary Tyler Moore describes him as a teddy bear. Actress Betty White calls him a pussycat. The folks at CBS-TV say a surprising number of women find Ed Asner "sexy."

In his dressing room, which is decorated with paintings of his three children (the stick figure drawn by ten-year-old Kate is titled, "You Are Ugly"), Asner smiles.

"Ted-dy bear." He punches out the syllables. "Well, yes," he says, finally. "I daresay I am a teddy bear."

And pussycat?

He nods with mock gravity. "Of course. That, too."

How about sexy?

He clears his throat. His eyes are now deep pools of comprehension.

"I have it," he says sensuously. "That elusive charm is there."

In fact, I tell him, the consensus is that Ed Asner is a very lovable guy.

Slowly, magnificently, the benign face begins to crumple and churn until it is transformed into Lou Grant's familiar television sneer.

"Now *that,*" he states in deep, rich, award-winning tones, "is a big lie!"

This has been a 30-second illustration of the virtuosity of the only actor in the history of the Television Critics Circle Awards to take the top prize for both drama *(Roots)* and comedy *(The Mary Tyler Moore Show)* in a single year (1977). It seems that Ed Asner, in addition to being sexy, a pussycat and—whether he admits it or not—a very lovable guy, is also very secure these days.

"They say that acting is an insecure occupation," says Nancy Sykes Asner, Ed's gentle, pretty wife of 18 years. "And yet I never for a moment doubted that Ed would have a stable career."

They met in December, 1956, at the Manhattan apartment of a mutual friend. Ed was starring in an off-Broadway production of *Three Penny Opera,* and Nancy was working as a literary agent. "Ed was so hungry," Nancy remembers, "that I gave him most of my steak." The following day she went into the hospital for minor surgery and Ed sent flowers. "As soon as I came out, we had our first date. I was on a bland diet, so where did he take me? To a Mexican restaurant that served the spiciest food in Manhattan. My stomach hurt all that night. But partly from laughing

They fell in love, but delayed ma riage for more than two years becaus says Nancy, "we were both worrie about our parents. Ed was the younge in a very large, very close, Orthod Jewish family in Kansas, and I cam from a small family of Episcopalians Connecticut." When, finally, they ma ried in a civil ceremony in March, 195 the religious differences seemed to di solve. "We observe the Jewish traditio at home," Nancy says, "and although was strange to my parents at first, the adore Ed and accept him and his fai completely. And our children are Jew ish."

There have been other adjustmen for the Asners to make as well.

During the spring of 1961, Ed fle to Los Angeles to tape an episode of TV show called *Naked City.* After tw days, he phoned Nancy and said, "I lil California. Let's move here within tw weeks." Just like that. "I had been neg tiating for a new apartment in Ne York," Nancy recalls, "rent-controlle and with a *terrace.* I had never bee farther west than Ohio. I felt terribl

it I packed, and we rented a trailer d drove across the country. The move is a good one. Actors are treated with ore respect in California. Ed stopped nding his teeth, and except for one igh year in the late sixties, he's always d as many roles as he could comfortly handle.

"And then," says Nancy fondly, ong came the Lou Grant role. I love u Grant, because it has brought Ed eat happiness. And it's brought out sense of humor. The thing is, he rks fourteen-hour days and when he home he's terribly tired. We don't get see very much of him now. But he ods much less. He doesn't really get o dark moods anymore."

Ed Asner has just finished a day's shooting. He rolls up the sleeves of his flowered shirt, sits in a aight-backed chair and—relaxed, sipng occasionally at a mug of coffee—exins why all those people are wrong en they say he's lovable.

"In the recent past," says Ed Asner wly, carefully choosing his words, "I ve been in therapy, and that has ped enormously. But there is still eat room for improvement. I used to in a constant state of anger. I was ver a calm or patient man. And a iple of times in my life I have flipped t in anger. I will not say to whom my ger was addressed, but I was dangers at those two points."

An expansive smile spreads across his e. "I must say, those were enormousfreeing experiences. Vastly therapeu-

So many times in life we reach a int of violence because of frustrations, d usually we hold back: 'Hey, hey, y,' we say to ourselves, 'don't b n , it's not worth it.' Our last-second ition stems from a variety of reasons, nging from a fear of what we might to someone else to a profound terror mussing our good suit.

'Anyhow, through my therapy in the t eighteen months or so, I have come understand that anger is destructive, tracting, a waste of energy. I have come instantly aware of irritations as y are building up and capable of proing a catch phrase: 'Don't be a ld. Take it a step at a time.' The rapist explained I am a man very ne to creating excitement by looking external stimulae to make my life inesting, rather than creating it within self." He leans forward; "By that, I n't mean I would take up sky-diving go into bars looking for fights, beise these are the last things I would But I allowed outside things, which ouldn't help, to rip me up inside."

The result, Asner says, "was that I d to carry around a lot of dark corn. I am opening up the windows on them." A pause. "Now how did I get into all this gloom and drear? Oh, yes, to explain that I have recently discovered I am not the ideal person to live with."

It is after six P.M. and, following this interview, he will memorize nine pages of script for tomorrow morning's early filming. "What my family will see when I get home tonight is sheer fatigue. There's a terrible tedium involved in shooting a show. You're good on this take, but a fellow actor misses a line. You're good on the next take, but someone else misses a line. Then finally, *you* screw up. So everybody gets a turn. And you must curb your frustration because anger could make you blow it on the sixth take—and God help you then." Asner shakes his head. "God, how it infuriates me to see those suave (he pronounces it, with contemptuous relish, su-wahve) personalities on talk shows, who say how 'acting beats working.'

"Acting takes an enormous toll. I don't think normal people realize that. When I did *The Mary Tyler Moore Show*, Ted (Knight) and Gavin (McLeod) and I would meet backstage before the show, and we'd shake, we'd clutch, we'd embrace—and then we'd go out into the arena to fend off the lions. The nervousness, the tension, the fright, they're always there, even under the best of circumstances."

Abruptly, Asner's face breaks into its lopsided grin. "And that is why I can't stand it when people say 'acting beats working' or 'actors are overpaid.' Those of us who succeed are so blessedly lucky, and so few, that I'll be damned if I won't take every penny I can get. Because—now this is a weird piece of psychology—so few of us get it, I think we have to make up for the rest who don't."

Edward Asner was born in Kansas City, Kansas, in 1929, the youngest of five children in an Orthodox Jewish home. "We lived in a WASP neighborhood; my father was a scrap iron dealer, but sometimes he was called a junk man. I felt the stigma of Orthodoxy very strongly. I loved the passion of my religion, but it kept me from being the same as my peers, and I resented that.

"My father was a patriarch, very controlling, and it would never have occurred to me to rebel. When I was about eleven I was the oldest kid in my Hebrew School. One day I was almost in tears, crying inside myself, 'I can't play ball!' I wound up with almost a love/hate feeling about Judaism."

Nevertheless, he has raised his own children—the twins, Matthew and Liza, 14, and Kate, ten—as Jews. "And Matthew was Bar Mitzvah a year ago. At our particular temple, the father is asked to give a prepared talk to his son. When the moment came for me to address my son, I got up, began to talk and turned into a blubbering mass of jelly. Since I have resisted tears all my life, this torrent that poured out of me was sublime—an unloading of all my hidden feelings about my son and me, and I suppose my father, as well. I blundered through the passage and afterward I took Matt aside and apologized.

" 'I'm sorry I broke down like that,' I said. 'No, no,' he whispered. 'I *loved* it.' "

The Asners are a close and caring family. Their values are traditional and their way of life modest. They live in an unassuming home with three cats, two dogs and three birds. They drive a not-new Oldsmobile instead of a status-symbol Mercedes. Nancy does most of her own housework and is making a stained glass window for the house. Ed contributes time and money to causes, and belongs to the American Civil Liberties Union, Americans for Democratic Action, National Committee for an Effective Congress, Common Cause and SANE.

"I just hope I get caught if my head ever gets too big," Ed says.

And he is certain he will. "Last year on a plane to Kansas City, there was a flight attendant who was in a bad mood. She gave me a hard time. Not just me—she was nasty to everybody. When we reached our destination, however, she came up to me, all smiles, and said, 'I hope you didn't think I was rude. I hear you're important. I didn't know who you were.'

"Good God, can you *imagine* that?" Asner bellows. "There are people running around loose who are going to be rotten to ninety percent of the world just because they're not rich or famous?"

The incident reinforces his philosophy that fame is, and probably should be, transitory.

"I never allow myself to think that any job, any particular role, is crucial," he says quietly. "That would only bind muscles and nerves and freedom of thought. Lou Grant, for example. I refused to think that this show was so crucial that it was do or die. I just knew we were working our tails off, straining our brains and our beings. And at the end of each day, like right now, I have exhausted myself sufficiently to say, 'Well, I've given it a damn good show, and if it makes it, it makes it. If it fails, it fails.' "

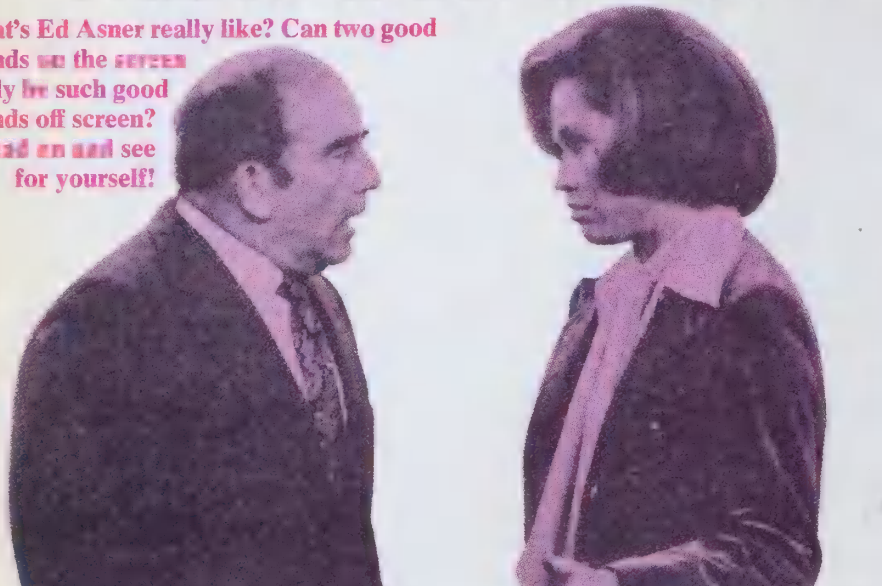
Once more, Edward Asner's mobile face molds itself into a beatific smile.

"Given that attitude," he says, "my quirky mind is capable of expanding upon it and saying that if Lou Grant is not accepted, it probably will be good for me once again to experience the insecurity of waiting for the next job."

End

"OH, MR. GRANT!"

What's Ed Asner really like? Can two good friends on the screen really be such good friends off screen? Read on and see for yourself!



BY MARY TYLER MOORE

There are so many facets to my friend, Ed Asner, that it's difficult to decide which adjectives and similes should come first. He is a sweetheart, a dear. He is wonderfully talented as an actor. Perhaps, above all, he is a "presence." You are always *aware* of Ed.

This may sound improbable, but it is true: even if he is across the room, standing perfectly still, his "being" is felt.

In 1967, Ed and I made a movie together—without actually meeting. It was one of those thoroughly unbelievable movies in which Elvis Presley was a singing surgeon, I played a nun and Ed a cop. We were in a big nighttime scene together, but we never met because he was across the street—a street crowded with bit players and cameras. But I noticed him, even though he had what might be called a secondary role in the scene. But not a minor role. Nothing Ed Asner ever does is minor.

Two years later we began casting *The Mary Tyler Moore Show*. The Lou Grant character was vital to the plot, of course. Whenever our producers, Jim Brooks and Allan Burns, found someone who looked potentially right, they would call me in to read a scene with the man. I read with some possible Lou Grants, but none was quite suitable.

Then my husband, Grant Tinker, happened to see Ed doing a dramatic show over at 20th Century-Fox. Although it wasn't a comedy part, he reported, "There is something about this guy that seems to be Lou Grant."

So Ed was called in to read. Jim and Allan said afterward that they were impressed. It seems that Ed, who had very little experience with comedy, first read the scene through—and it was really rotten. It was a dramatic actor's approach to comedy, and all wrong. After he finished the reading, Ed stood up and strode halfway across the room. Then suddenly, he turned around and said, in that forceful voice of his, "I want to do it again."

Well, he came back then, and sat down, and no one could know what he did in his head that made it come out differently, but he changed his whole interpretation. It was funny and relaxed—and easy and right.

They called me in right away, and I met Ed for the first time. Frankly, I felt great trepidation in the presence of this gruff teddy bear of a man. He was an imposing figure, even with that rather shy smile. But then we began to re together, and it was pure magic. Nor of the people I had read with before th day had been so perfect. None had ju gone *bong!* right to the heart of the Lo Grant character the way Ed did.

I remember how I felt: that he ce tainly looked right. He sounded righ And I was hoping that he'd *feel* righ with the rest of the company. You se in putting the cast together, we were concerned with the affability of each the actors as we were with their talen We wanted each of them to have th ability to respect and love and get alon with the rest. And thank God we we concerned with this suitability of pe sonalities, because I think that is a ve vital factor in creating a long-term, su cessful show—having it peopled an staffed with human beings who gen inely like one another.

So Jim and Allan's job was to a around, among people familiar with th actors: Is he easy to get along with? he cooperative? These were crucial fa tors because not all successful profe sionals are successful human beings. W assumed that Ed would pass that test o all counts, and he certainly did.

There was one more trauma at th very beginning. We had to put on fil a short scene for the CBS sales depar ment to show to the network affiliate Nobody knew what *The Mary Tyl Moore Show* was all about, and w wanted them to see a sample.

So Ed and I did a short scene t gether. We so badly wanted it to funny that it turned out dreary. Ed pro ably was nervous, and he reverted rig back to being the "dramatic" acto There was no spark, no drive.

But our director, Jay Sandrich, w very patient, infinitely respectful an understanding in trying to re-direct th marvelous actor without ever lettin him suspect that he was not doing wonderfully well. So Ed never lost co fidence. And after a very short time, ju as he had done at the first reading, made things happen in his mind—l literally transformed himself.

I must admit, and Ed would corrob rate this, that from day one of rehearsa right through to the final night's shoo ing of that first show, I never stopp crying. I tried to put on a very brav happy face at the studio, but I wou come home at night and scream to m husband, "It's a disaster, it's awfu Nothing is working. I'm rotten. Ever body is terrible."

And I really thought that. T show was coming not too lon after the disaster of a Broadw show called *Breakfast At Tiffany's*, very costly, frightful flop in which I h starred. So I was primed for failure, an not prepared to handle it again.

I still felt gloomy on the day we fle

Chicago for the two awful days of
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the first time that Ed Asner and I
been alone together.
He sat beside me on the plane, and all
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said, "Oh? What's that?"
I think we're gonna be all right."
What do you mean?"
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ne. I know myself very well: If left
ny own devices, I would blend into a
up; I'd never try to shine above the
up—which is what Ed was afraid of.
ut, curiously, that little exchange be-
en us calmed and encouraged me. Ed
very serious; well-educated, articu-
, totally knowledgeable in his craft.
l knowing that he supported me was
y important and reassuring.
Throughout the seven years that
owed, Ed was a calming influence on
of us. There would be times when
e was potential for frayed emotions
jealousies on the set. In spite of our
ual liking and respect for one an-
r, there are tensions when you are
er pressure. And Ed always was very
l at pouring oil on the waters. He
that priceless ability to just wade
ugh difficult situations—or attack
n quietly head-on. He helped to keep
workable family.
d is a creative thinker. He goes
ugh many complex processes, in his
and in his work, and these make him
derful to watch. You can see all those
ls of thought on his face and in his
y language. One of my dearest visual
nories is the vision of Ed on the day
rought in part of his collection of sea
ls. There, on the set, was this giant
with his huge, hairy, masculine
ls picking out delicate, tiny shells—
holding them up, sharing their
ty with us. It was wonderful. And
hing, somehow. He knew the names
ach of the shells, and where he had
d them, and which he treasured
e than others. He was lovely and
y and dear.
s an actor, Ed Asner is a superb
t. As a human being, he is many-
ted, but my first impression of him
held up over the years. He was then,
to me still is, a gruff teddy bear of
an.

End

HEADLINER

Carrie Fisher
The Private Star Wars of Debbie & Eddie's Daughter.

Intelligent, independent and ambitious, Carrie Fisher no longer has to live in the shadow of her famous parents' famous divorce. At 21, she's become a motion picture star —"Shampoo" and "Star Wars"—who gives off her own bright light. Here's what her life is like today. By Marjorie Rosen



Photograph by Black Star/SIPA-Press

Once upon a time in Hollywood, there was a romance that seemed oddly perfect. Eddie Fisher was the Jewish kid from Philadelphia who advertised soda on TV and sang "Oh! My Papa." Debbie Reynolds was the all-American kid from California—Burbank—who wore Peter Pan collars and tap-danced her way to movie stardom. They married in 1955 and, well, you probably know the rest.

To be more explicit, the Fishers happened to be best friends with Elizabeth Taylor and her husband, producer Mike Todd. After Todd died in a plane crash, Fisher undertook, perhaps too zealously, the task of consoling his friend's widow. By 1957, Eddie's all-American wife was in an all-American divorce court; and while fans wept over photos of Debbie with her two babies (Carrie was then 18 months old, and her brother Todd a mere infant), Eddie and Elizabeth made their romance legal. The Fisher-Taylor marriage, explosive from the beginning, ended with an even greater bang when Elizabeth fell in love with her *Cleopatra* co-star, Richard Burton.

Yet, like a phoenix rising from the ashes of this internationally notorious emotion debacle, Carrie Fisher, the 21-year-old daughter of Eddie and Debbie, seems untouched by her parent's stormy relationship. Growing up as their daughter, she insists, was not really different from growing up as John Doe's daughter. "After all," she points out, "we had Girl Scouts and cheerleaders in my neighborhood, too." When Carrie was old enough to read the newspaper headlines about her parents, it was as if she were reading about strangers. "I couldn't ever relate to those people in print," she says now. "In real life, my mother was a good mother. My father was okay. Their split-up was just like any other marital split-up. It was never dramatic, never painful, *ever*." *(continued)*

Sitting cross-legged on the floor of her apartment that overlooks New York's Central Park, Carrie shows traces of being her mother's daughter. At five-feet, one-inch tall, she is exactly one-quarter inch shorter than her mother, and says that Debbie never lets her forget the quarter-inch advantage. Carrie's apple cheeks also are a legacy from Debbie.

Besides a physical resemblance, mother and daughter share what Carrie calls "a vaudevillian outlook on life." Both are compulsive clowns, and Carrie laughs when talking about the baked beans they've thrown at each other, or the time Carrie poured milk in her mother's lap. "I like my mom," she says, "we're real close." Carrie adds that she and her mother have their serious sides. "Mom is strict with herself, very strict." Carrie is demanding of herself as well, and unnecessarily critical.

When we talked about the movie success *Star Wars*, in which she played the part of Princess Leia, Carrie says the first thing she noticed in the film were her round cheeks. "I imagined having them hemmed," she says, pulling at her face. "I wanted to go to a tailor and say, 'Could you please put some tucks right here?' " She tugs again: "When I had to look directly in the camera, it frightened me. My teeth showed. All I wanted to do was slap them out of my head."

Carrie's penchant for self-criticism leads one to wonder why she chose acting, a profession in which a grand ego seems essential. "I got out there and acted before I had *any* kind of ego," she says, recalling her debut at age 13, in her mother's nightclub act. By the time I learned to have a certain amount of discretion about what I was doing, it was a little late, because I already *liked* acting."

Perhaps to learn how to be kinder to herself, Carrie has been seeing a psychoanalyst on and off for the past few years. "Sometimes," she says wryly, "interviewers make it sound like every time I hear 'Oh! My Papa' I go into some kind of crazed state. The decision to undergo psychotherapy was for a much simpler reason. I decided I was trying too hard, nothing more complicated than that. To tell the truth, I really do like this psychoanalysis. I don't need it, but I *want* it. It has helped me to deal with people and to learn not to take things so seriously. It has been incredible for my perspective."

Perspective, Carrie finds, is useful, even invaluable, especially at this exhilarating point in her life, a point of awakening and self-discovery and curiosity; a time when she's constantly learning and living through new experiences, trying out her wings as a solo actress. Above and beyond *Star Wars*, Carrie's professional film credits consist of a small part in *Shampoo*, as Lee Grant's 14-year-old daughter who bluntly invites Warren Beatty to bed; and a recent role opposite Sir Laurence Olivier and Joanne Woodward in NBC's TV movie, *Come Back, Little Sheba*. So Carrie is a bit anxious for more exposure. "*Star Wars*, as good as it is, doesn't really showcase any acting ability I might have," she observes. "And, quite honestly, I haven't had any real stage experience yet. For now, I just want to work, to do films and theater, properties I feel good about. I guess I want my cake, and I want my theater, too. I love it all. I love acting."

The most painful thing about being an actress is not working, and Carrie states, matter-of-factly, as one who has ben around show business folk all her life, "If you're going into acting, you have to know that you are *not* what you do. That's the tough part, keeping sight of the fact that if you don't work, it doesn't mean you're not talented. Since I've chosen the most bizarre profession in the world, what I really must do is accept its bizarre terms."

In the meantime, while she's between roles, Carrie keeps busy with piano lessons, exercise and acting classes. Because she dropped out of school at 15, she is catching up on her formal education, too, and studies philosophy twice a week with a private tutor. Between lessons, the phone rings constantly with party invitations, some from people she scarcely knows. On the street, occasionally, strangers will strike up a conversation, and she talks with them because she finds it fun and because she's an accessible person.

It's a heady experience, this new fame, the callers and the adoration. But then, the whole *Star Wars* association has been just about the headiest, most exciting time of Carrie's young life. "Not simply because I loved the film, which I did, but because it gave me the opportunity to meet so many terrific people." Her enthusiasm flits from subject to subject, from *Star Wars*, to old movies, to men—to New York, where she's made her home for the past year. Why, I ask, is she not living in California, where the work is? "I guess I'm an expatriate for now. It's probably a bad career decision for me to be here, but I love it. There's tremendous freedom here. And I have lots of friends," Carrie explains, gesturing about her apartment, which she calls "a home for wayward actors."

For now, Carrie lives alone and maintains a stubborn secrecy about whom she dates and whether or not there's a special man in her life. "Five twenty-year-old musicians live next door," is about all she'll say. "They come over whenever I show movies. I spend at least four days a week at a neighborhood revival house, watching old movies, and my friends join me. After seeing a picture, we go to a bar and reenact a the movie dialogue. I love those pi tures. When I was young, we showe movies all the time. I still try to cat everything that's playing."

If Carrie Fisher was weaned on mo ies, it was not simply because she w a Hollywood child, but more precise because her mother, who once can paigned for a motion picture museu adored movies as well. And watchi this fiercely bright, fiercely vibra young woman as she sits on the floor her simple black-and-white cotton dre laughing, mugging and listening inte ly, the observant bystander cannot he but notice how much of Debbie Rey olds remains with her daughter—a how much of Eddie Fisher. "My fath gave me his pipes, I guess," Carrie sa "In another era, I might have been big-band singer." Spontaneously ru ning through a scale, first in an opera voice, then as a Broadway belter, s suddenly rushes for cover, for the punc line: "I don't have a cultivated voi but I'd like to. I'd like to be in the cho of an opera with fruit on my head."

When Carrie was nine, her mo er remarried, and Carrie calls her stepfather, shoe m nate Harry Karl, as "an older man, a n man. He was very supportive." S speaks quietly and sweetly about Ka whom Debbie divorced a few ye back. "Harry had some nice kids, a when they moved in with us, my brot Todd [now 19] and I gained a famil a bigger one. Harry's daughter also li in New York, and I still see quite a of her."

I refer to remarks made by Ed Fisher, promoting his projected autc ography—ungallant comments, such "Debbie is not what people think she . . . People would be amazed." Ca calmly replies, "I don't know, I have talked with him about it. Perhaps publishers want him to say someth that will help sell his book." She ad politely, thoughtfully, "I don't th there's much to reveal that people d already know. At any rate, my fat never told me anything shocking; ma he's kept it from all of us. I'll just h to buy the book." Her defense is sul and discreet. If she had been in sh business for half a century, Carrie Fis couldn't have handled herself more mirably.

And who gets the credit for her poi Her mother? Her psychoanalyst? Ca herself? It doesn't matter. This pe and pretty young woman, this cut with the dark, intelligent eyes, this ho ful actress with the soft, mobile mo that's ready to break into a smile o moment's notice, is a personality to reckoned with. And the exciting par it is that, at 21, Carrie Fisher is o just beginning.

Travolta *continued*

Here!, before returning to Los Anwhere he landed the role in *Kotter*. volta was nervous about his audi- or *Kotter*. He didn't think he *was* e Barbarino, but he was willing to he chance. "I thought it was a hot he says. "As a matter of fact, I it was. Vinnie was an Italian kid reamed of one day being a leader Mafia. It was a good role. I had a e to . . . flash a lot in it. You know I mean," he says with a grin.

r since that audition for *Kotter*, oblem has been convincing people e really *isn't* Vinnie Barbarino. It's rprising, then, that as soon as ino caught on, Travolta and Le- started looking for ways to leave behind. First they came up with *oy in the Plastic Bubble*, in which ta starred as a teenager who must a germ-free environment.

n came *Carrie*, which had Travolta g yet another high school student. was not his film debut—that come *vil's Rain*, a movie in which he a mask and delivered two lines phemer! Get him, he is a blas- r!"). In May, Travolta will star te singer Olivia Newton-John in n version of *Grease*. Immediately ng the premiere of *Grease*, pro- n starts on a still-untitled film that im with Lily Tomlin.

Tomlin movie is a May-Decem- ve story. Travolta experienced a romance himself when he fell in ith Diana Hyland, the actress who his mother in *The Boy in the Bubble*. Last spring she died of at age 41.

rday Night Fever had been in tion for two weeks; Travolta was n the set within days of Diana's "The poor guy was like a zombie," friend. "But he knew the best ossible was to plunge himself into Since then, Travolta has con- to throw himself into one project nother with phenomenal zeal. *Saturday Night Fever*, he went hearsals for *Grease* with only a y breather. He started taping episodes before shooting was mpleted on *Grease*.

olta has had to deal with rejec- ith a schedule that would over- veteran performers, with a fame lso overwhelming—and with trag- have no complaints as to what d to experience in my career," he he toll on his personal life, how- s another story. "I've had some gh moments, and I've had some tic moments. I feel that I know a t I've been around a lot—that I've lot. Sometimes I feel like I'm an it in a young body." **End**

HEADLINERS



On Their Own

TV's Newest Odd Couple

Has success changed Bess Armstrong and Lynnie Greene? Yes, radically! These two young TV actresses are finding that if getting rich and famous was half the fun, staying there is twice the work. By Mary Susan Miller

It is a year ago. A skinny, dark-haired girl sits in a television studio before several hundred people. The show is *The $10,000 Pyramid;* the girl is Lynnie Greene, an unemployed singer. The game has reached its final level. Peggy Cass tosses her partner clues. "Bread . . . matches . . . Christmas present . . . cookies . . ."

"Things in a box," comes Lynnie's dry voice. Bells ring. The audience screams. Lynnie has $10,000 in her hand. Five minutes ago she was sitting in the studio audience with only change in her pocket.

"What are you going to do with the money?" the emcee asks.

"Eat."

At about the same time, in a Greenwich Village production of Shakespeare's *Twelfth Night*, the young Viola enters, played by Bess Armstrong. It's her first New York show and she gets no salary.

> "O that I . . . might not be delivered to the world
> Till I had made mine own occasion mellow."

How mellow her occasion will be, and how soon she will be delivered to the world, are only hoped for that night.

Twelve months later, Lynnie Greene and Bess Armstrong have become overnight stars. Every Sunday evening, with a turn of the television knob to CBS, they are invited into millions of homes. They play the roles Julia Peters and Maria Bonino in the situation comedy hit *On Our Own*.

Now, instead of having empty pockets or getting parental handouts, they each earn a weekly four-figure salary. Still, they are cautious. Lynnie dreams of moving from New York City's low-rent Upper West Side, but is making no plans. Bess won't sign an apartment lease at all—not yet.

Television's impact has made Bess and Lynnie suddenly recognizable, sometimes to their own dismay. "I used to love the anonymity of the subway," says Bess, "before people stared and asked for autographs." She is grudgingly relinquishing her privacy.

"What I hate is hearing from people who couldn't stand me before," says Lynnie. "I have no time for that."

Their reactions to success reflect a difference between them. Bess is gentle; Lynnie, caustic; Bess is tactful, Lynnie outspoken. Most of all, Lynnie seems more aware than Bess of the drawbacks of success. Recalling her nightclub days, she speaks of the simplicity of having

no sets, or back-up singers. "It was just me singing, and the audience discovering me each night." Now, billed as a star, she feels pressured by an audience that seems to say "Show me."

As David Susskind, producer of their show, says, "There is no comedy in situation comedy. It is a weekly treadmill of plain, hard work." Lynnie and Bess agree, finding themselves working harder than they ever have in their lives. They rehearse eight hours a day for three days a week and have run-throughs and tapings for 12 hours a day the rest of the time. In addition, they have costume fittings, makeup sessions, script changes, interviews, teasers for upcoming shows to film and parties they are expected to attend.

What gives way under such a regimen? There are no movies or symphonies, no books read or friends invited to dinner, no plain doing nothing. Especially, there is little social life.

"There *was* a man in my life," Lynnie says with an edge of sadness in her voice. "But it is impossible to maintain a relationship under the pressure of the show." She speaks matter-of-factly now; her eyes betraying the lack of feeling in her voice. Lynnie is drawn to men who are in theater—men who are young, struggling to make it big, as she has. "But there is nothing worse than working when someone else isn't," she says.

"Right now is a selfish time for me." She has temporarily put aside all thought of involvement, marriage, children. "I'm still new at acting . . . and even newer at stardom. When I am more experienced, I'll be able to handle it all." Now, at 23, Lynnie's life is as finely scheduled as her working routine.

Bess is less organized. Success caught her in the middle of a deep relationship. "I thought I could handle both it and a career," she says, "but I can't. The two don't mix." Bess has discovered what she calls "a Katharine Hepburn philosophy," looking at love and career as either/or. For the moment, she has chosen "or." Her decision, however, seems to have brought little peace. She aches for the relationship she gave up.

With love set aside, both young women find themselves in new social relationships. They have stopped taking dates to the professional parties they have to attend because their escorts often feel uncomfortable. Instead, they take friends, fellow loners, equal stars in the television galaxy. What social life remains is limited to men who are as successful as they.

If their romantic lives have fallen apart for the moment, their family lives have pulled together more tightly.

"Your family takes on new importance," Lynnie says. "Because when it all goes away, who else will be there?" In her case she can depend on Elinore and Kermit Greene in Newton, Mass., where she was born and raised. She is also close to her two brothers.

Her mother always urges her to eat more ("I worry, she is so skinny"), her businessman-father sighs with relief that her hard work paid off ("She could have had other careers, you know"). They reinforce her as they did through years at New York City's Juilliard School and her endless auditions.

How do Lynnie's parents feel now that she has landed her part in *On Our Own*? "I can't say it's all been fun," her mother answers. "We have seen a lot of tears."

To Alex and Louise Armstrong in Baltimore, 24-year-old Bess is Bessie, as she is to her sister in high school, her twin who teaches classics and to her guitarist brother. "I am no star at home," Bessie says.

Success came quickly to Bess Armstrong. She had leading roles in plays throughout her school years, many of which her English teacher-father directed. After graduation, she went to Brown University as a classics student, but somewhere along the line she became a drama major. "I was always in a lot of plays," she says—at Brown and in summer stock. *Twelfth Night* landed her an agent and several TV commercials.

"I have to laugh," her mother reminisces, "when I think of her first play." She was six years old, playing a bad fairy. She came on stage and froze, forgot most of her lines and barely whispered those she remembered.

Though they would seem to have little in common, Lynnie and Bess have become close friends and efficient working partners. The word "tall" colored a good part of Lynnie's life. By sixth grade she was her present height—5'11"—causing her to feel freakish among girls whose littleness made them cute and boys whose littleness made them arrogant. Her long legs, which worked so well on the basketball court and baseball diamond, made her an outcast on the dance floor and in the hall at recess. She longed to belong, but never quite made it.

"I have been old since I was four." She was gawky, clumsy, always bumping into things. People would laugh when she talked or when she taped a monologue for the speech therapist.

To her, comedy meant being made fun of, laughed at. And that hurt. She did not laugh. It wasn't until years later that she could enjoy her ability to make people laugh. It happened when David Susskind, her "father figure," admonished her: "Don't put comedy down, Lynnie. It's an art form."

At the *On Our Own* audition, Lynnie bumped into Susskind's table while heading for the stage with what she refers to as her "charging rhinoceros legs." Turning to fumble through an apology, she found Susskind and crew ecstat "Lynnie is a natural comedienne," Su kind says. "No one else was even in t running after I saw her."

Bess Armstrong's growing up follow a more conventional pattern. Leads school plays came readily to her, as c top marks and popularity with boys. cure and belonging, she was a gen giving person—an easy child to raise, mother says. She was happy, smile lot and had many friends.

Assertiveness underlies Bess' ge manner, however. It was she who h the nerve to request that she and Lyn read their parts together at the first au tion for *On Our Own*. All the other g were fixing up their faces while B and Lynnie sweated over the scr They caught each other's eye, and t was it—an instant team.

As different as Bess and Lynnie's te peraments are, both are intelligent a well educated, they both approach th acting as a carefully chosen professi Bess, an outstanding violinist, and L nie, a singer, could have channe themselves into other fields of art. L nie shakes her head in amazement a normal conversation around the A strong's dinner table: a discussion ab the meaning of Robert Frost's po "Whose Woods These Are."

Bess extols Lynnie's musical diver —singing, banjo, flute—and Lynnie calls a night when "Bess was playing violin like Heifetz."

"What she didn't know was tha was playing from *Master Miniatures the Beginner*," Bess says.

With such modesty and humor, b girls accept their overnight success li ly. "Neither of us wanted to be a st says Bess. "We wanted to create and fulfilled, that's all."

They look on their new roles as c to-day work that brings in money, affirms their parents' faith in them opens career doors. They are learnin lot—"You have much less control in t vision than on the stage." They are l ing fun—"Everyone is so nice to They are finding new strengths—"I memorize a whole script in two d now." And they know it can all end morrow—"We'll go back to sitting by phone."

Has success changed them? I nie says, "No." Bess disagr "It has focused our ener Our whole life now is *On Our Own*

That is their life today, but if it sh end tomorrow, it is comforting for l to know that she can become a pr sional violinist. And Lynnie? If n singer, perhaps there is another ca ahead. A co-member of her high sc baseball team sighed when she hear Lynnie's television success. "Too l she would have made a g ballplayer!"

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THE GOOD GUY

continued from page 43

w how it would be without me, and boys liked it better.

thought about leaving for good. couldn't stand this hideous, brown, tered room any more; I was sick of hing pots when I wanted to watch a key game; I was sick of being the d guy. I loved Chris as much as I had, but I was losing myself. And asn't winning the boys. I wasn't win- anything. In time, I was going to Chris too. I thought I would rather e first.

heir voices were at the door then; , hoarse, boy-laughter mingled with nan's baritone; no other tones re- ed. Joel and Rick came racing ugh the living room in their coats boots, dripping melted snow on the They brushed past me, and clumped n the hall to their room, slamming door behind them.

eemed to take Chris a long time to ove his outdoor clothes and come the room. In the beginning he shouted for me as soon as he came ugh the door, as though afraid I ht have gone up in smoke. He had ped that a long time ago because I the boys resented it. I didn't know ther to tell him I was going to leave, ust do it. While I was deciding, I d him if he had had a good time.

Throwing snowballs?" he asked me ly. His eyes were cold, too. All at he was utterly strange to me. "Did think that was what I had in mind?"

don't know what you're saying, is."

No. You don't. I thought you did. en I suggested walking in the snow, ought you did."

stared up at his stranger's face. lking in the snow?" I repeated ically.

thought you understood," he said, t this was one night I wasn't looking a romp with the kids. But you—"

didn't let him finish. Something hap- ed inside me. Something exploded, a lock blown off a door.

Don't you dare! Do you think it was for me, standing around watching? you think any of it has been fun for " I had my feet apart and my fists ched so hard my fingers ached, but I lly noticed. I hardly knew what I saying. "You didn't even throw a vball at me!"

e got as far as "Why—?" before I t in again.

Why? You know why. Because I'm good guy. I'm the one everybody's posed to love. Well, no more," I ted. "No more!"

hris tried to grab my arm, but I was , through the living room and down the hall to the boys' room. I flung open their door. They were on Joel's bed, cutting pictures out of a magazine. Their wet coats and boots were on the floor.

"Pick up those things and put them outside where they belong," I said.

Joel gave a little startled jump and turned it into a shrug. Rick seemed to be looking behind me for the person who had spoken.

"When we're finished," Joel muttered.

"Now," I said.

They both muttered at that, but they slid off the bed and began collecting the clothes in slow motion. Rick, who was as nimble as a squirrel, fumbled with his gloves and dropped a boot.

"Quick," I said. "I want everything out of here in two minutes."

When they came back from hanging up their clothes, I was waiting for them in the living room. Chris stood somewhere near the window, but I couldn't have said whether he was looking out or watching me. Chris was for later.

"Now," I said to the boys, "I want those three mugs washed and dried and set out on the kitchen counter, and that spill wiped off the table."

"We only used two mugs," Rick said.

"Since when do we have to wash dishes, Dad?" Joel asked.

"Your father has nothing to do with this," I said. "This is between us."

"We never had to—" Joel began, but I cut him off the way I had cut off Chris.

"I know you never had to," I said. "Now you have to. From now on, you're going to have to. If I stay, that is. I may not stay. That depends." I carefully did not look at Chris. "If I stay, you two are going to help around the house. You're going to do what I tell you to. A lot of things will be different. This room, to begin with. You can have your room any way you want it, but this room, while I'm living here, is partly mine, and I intend to fill it with flowers, to buy cushions in gay colors—"

I had to stop for breath. The boys were standing perfectly still, staring at me. They looked frightened, but I couldn't help that. I thought Chris moved and started to say something, but I wasn't ready for Chris. I hurried on.

"You may hate all this," I said. "You may hate me because of it. I'll be sorry if you do, because I care a lot about both of you, but it won't change the way things are going to be from now on. If I stay." I waved one hand at them. "Okay, take care of the mugs so we can have some cocoa."

They clattered off to the kitchen. Before I turned around to Chris, I heard Joel say, "Wow!" and Rick echo it.

"Wow, is right," Chris said. He came across the room, but not all the way. "What does it depend on?"

"What does what depend on?"

"You said you might not stay. It depends, you said." He looked a little frightened too. "On what?"

"I'm not the good guy any more. That's finished," I said. "From now on, I'm me. It depends on how it works."

"It's you I married. I thought you were lost," Chris said. "Of course it will work." He came closer. "It's you we need." He came closer still.

A while later, I said, "Let's you and me go for a little walk in the snow before we have our cocoa."

"Yes, let's," he said. "I'll go tell the boys we're going."

"I'll tell them," I said. **End**



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HALDEMAN

continued

began talking about President Nixon," she says cautiously. "As far as Watergate goes, I certainly don't admire the President's actions. However, I—and I mean this with tremendous sincerity—I think what happened to Bob, to John Ehrlichman and to John Mitchell has been very hard on Richard Nixon. I feel that it has affected him emotionally . . . deeply . . . it's just that he's not able to express these feelings openly. . . . What to say? . . . 'Gee, I'm sorry'? . . . Often people wonder why I'm not bitter. . . . But I'm not. Bob served a cause and, if he could turn back the clock, he would consider it a privilege to serve again. . . . Maybe this sounds Pollyannish—but it's how I feel. . . ."

Richard Nixon has telephoned "a few times" since his downfall. Once, to wish Jo and Bob a happy anniversary; the other times to check facts he needed for his book. But as to their fate, Jo has never heard a word, either from the former President or his wife.

Some of Jo Haldeman's friends find this appalling, but Jo does not. "There are lines at Lompoc Prison that Bob cannot step across until he is released," she points out. "But the walls at San Clemente are inescapable. There are all kinds of prisons. I'll take Lompoc. . . ."

Friends often ask Jo what she and Bob will do when he is released. What scar will their ordeal leave on their marriage? Jo sums it up candidly and gracefully:

"There was more strain on my marriage from being a Washington wife than from enduring Watergate. The funny thing is that Watergate strengthened our relationship and our love. In Washington, Bob Haldeman was very much married to the White House. Now Bob Haldeman is very much married to me. And I like it." **End**

Your Family's Health

continued from page 76

were horrified last year by headline stories about incorrect breast cancer diagnoses that resulted in 53 women undergoing mastectomies when they did not have cancer. It now has been reported—under smaller headlines—that the original report, issued by the National Cancer Institute (NCI), was wrong, due to sloppy scientific review work by NCI and a study team headed by a University of Utah pathologist. In most cases, NCI now says, the study group reviewed the wrong tissue specimens. In most, if not all of the cases, the mastectomies were, in fact, necessary and appropriate.

The NCI foul-up, and persistent cr cism of federally-supported breast ca cer detection centers where the diagn ses were made, well may have convinc many eligible women not to seek annu mammograms, which might save th lives. The detection centers, and t idea of annual breast exams, still a beset with controversy.

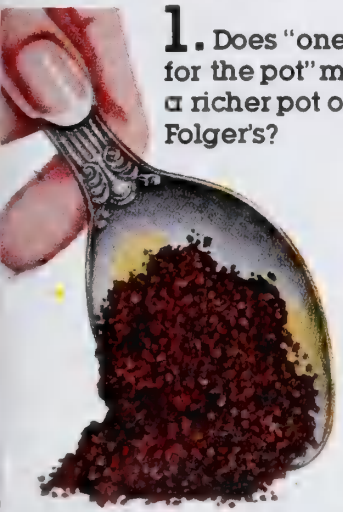
Our guess is that continuing evalu tions of the screening results and i proved screening methods eventua will establish the life-saving value of t annual exams for younger women (a 35 to 50), as well as for women over —for whom they already are consider appropriate. New techniques may a eliminate the X-rays that are the prin pal risk in mammography. The Memor Sloan-Kettering Cancer Center in N York City is already trying a safer n temperature test that detects 80 perce of breast cancers without X-rays. T temperature test works because can sites are slightly warmer than the rest the body.

NEW ULCER TREATMENTS. St dard ulcer regimens are essentia worthless, experts agree, which is w many doctors are enthusiastic about t new drug therapies that heal most ulc in the upper (duodenal) end of t small intestine—and may heal stoma (gastric) ulcers as well. The more no of the two is a wholly new drug cal cimetidine (*Tagamet*, SmithKlin which blocks body substances called H tamines from triggering the release ulcer-producing acid into the stoma Four tablets daily for six weeks v completely heal ulcers in three out four patients. This would be truly markable, if, curiously, sugar pills did produce almost the same cure rate—a if, still more puzzling, some men a women whose ulcers heal completely d not continue to complain of pain. Cime dine, nevertheless, has few known s effects, and experts foresee it bei widely used by America's four mill ulcer sufferers—provided some rare-b serious side effect does not crop up.

The second, and "equally effectiv new treatment is frequent, large do of ordinary antacids, reports Dallas g troenterologist Walter L. Peters M.D., who directed the study that tablished the treatment's value. T daily dosage—seven one-ounce swigs magnesium-aluminum hydroxide or a minum hydroxide antacid liquid—is disadvantage, says Dr. Peterson. But a acids have the advantage that they c be bought without prescription, alb Dr. Peterson thinks ulcer sufferers shou not use the large, curative doses he r ommends without medical supervisi —at least not the first time. Antac and cimetidine costs about the same, adds. Consumers may pay $30 to $ for a four weeks' supply. **E**

Does "one for the pot" make a richer pot of Folger's?

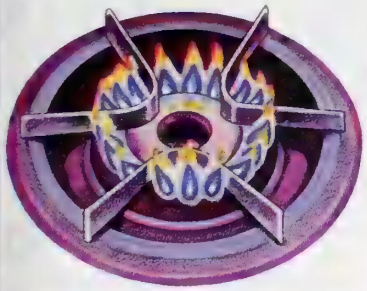
Questions and answers from the experts at Folger's to help you make great-tasting coffee.



1. Does "one for the pot" make a richer pot of Folger's?

An extra measure of coffee in the pot won't make the finished brew extra rich—only extra strong. Fact: If you want rich flavor from your coffee, you have to start with rich-flavored coffee. Like mountain grown Folger's. The coffee that's blended for rich, distinctive flavor cup after delicious cup.

2. Does boiling affect the flavor of coffee?



It certainly does! Boiling destroys the smooth flavor notes in the taste of your coffee. Especially in carefully blended coffee like Folger's. So make sure your coffee never boils. (Perking, by the way, isn't boiling.) To keep it warm for additional servings, take a tip from the new automatic drip coffeemakers and hold at the lowest possible heat. When you've got a coffee as good as Folger's, it's a shame to let anything ruin its great taste.

3. Why do mountain grown coffee beans make richer-tasting coffee?

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high in the mountains develop uniquely rich coffee flavor. That's because the climate is special. Abundant rain, fresh mountain air, just enough sunshine—no wonder the coffee has a fuller bouquet. And Folger's is mountain grown—the richest most aromatic kind of coffee there is. So try a can soon. It's coffee you'll really enjoy.

4. How can you be sure you're getting good coffee value?

You'll know by the taste. Let's say you buy coffee on sale. You may save as much as 30¢ a pound... but that's only about ½¢ a cup. And if you sacrifice good coffee flavor, you're not really getting the best coffee value. And coffee you don't really enjoy is no bargain. Try mountain grown Folger's. One rich, delicious sip and you'll see, great-tasting coffee starts with mountain grown Folger's.





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Great-tasting coffee starts with mountain grown Folger's.



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How to Save Time Doing the Laundry

By Lois Libien & Margaret Strong

1. *Avoid the pitfall of too much laundry.* Do you throw the bath towel into the dirty clothes hamper after using it once? Even though, after a bath or shower, your body is clean and the towel is just wet, not dirty? Instead, hang the towel on a hook or a rod to dry so you can use it again.

Do you change the bedsheets more than once a week? Not necessary unless there's a medical reason for it.

I don't recommend wearing dirty clothes, but some items can take a number of wearings. If you're forever washing jeans, think twice about it. Are they dirty, rumpled, mussed? Do they smell bad? If not, they can be worn again.

2. *Be wary of what you buy.* In buying clothing, tablecloths, sheets, etc., read the care labels thoroughly *before* you buy. Look for colorfast, shrink resistant fabrics that require no ironing. Be extremely wary of sale items. They may be on sale because they are not permanent press, and no one will pay the full price for them.

(If you're still ironing your bedsheets and pillowcases, it's time to invest in a set or two of no-iron sheets. Give the old ones to charity or use them for rags.)

3. *Don't feel you have to do all the laundry at one time—or on Monday either.* Somehow, Monday is the d wash our clothes. The coin-op machines are always busiest on days. Monday is the day housewive home to wash. And Monday night night when most people who wo day do their laundry. But it may b er to wash and dry small batches time—perhaps one batch on Tuesda other on Saturday. It doesn't see such a chore that way.

4. *Don't be fanatic about sorting laundry.* If you really wanted to could sort your wash into 15 dif types of loads. But that's ridiculou

I separate laundry into four dif types of loads: darks; lights and c things; linty things (such as towel bathrobes); and whites (including nylon and other white synthetics usually pick up any colors t washed with). Also, if you have jeans or new bright-colored towels, them separately the first few wash cause the colors are likely to run.

5. *Look things over before you them.* Go through pockets so you wash crayons and dollars bills and Zip up zippers, hook hooks, snap and loosely tie drawstrings and b the wash won't tangle and snag a quire time-consuming repairs lat Pretreat spots and heavy soil by ru a little liquid laundry detergent them before putting them in the w Turn knits inside out so they don't and permanent press with c (slacks, pleated skirts) inside out creases stay crisp.

6. *Don't overload the washer or* Overloading puts excessive wea tear on the clothing and is likely duce wrinkling. Be sure to use e water in the washer so that the c can circulate freely and clean w wrinkling. Mix small and large pie laundry together for an evenly bal load.

7. *Fold or hang the clothes as they out of the dryer.* This isn't always ble, but it can save you the trou ironing. If you let things sit in a la basket after they've dried, they wrinkle. But if you smooth and fo laundry as it comes out of the drye hang shirts and dresses on hanger may never have to use an iron.

There's another reason why I r mend this: You won't have a la basket full of clothes to fold later o

If permanent-press clothing ha to remain in the dryer a while aft dryer has stopped, you can usual move the wrinkles by tumblin clothes again for 20 minutes on a lar setting. Then, remove the cl and hang it up as soon as the cy over.

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lants That REALLY Bloom Indoors

YOUR INDOOR GARDEN



BY GEORGE & VIRGINIE ELBERT

biscus. *Hibiscus rosa-sinensis. Malva-ae.* Flowering shrub for the sun porch windowsill.

ır experience is with New York City loor growing, which is as tough as any the country due to pollution and poor ht. South of Washington we have seen *iscus* bloom far back on sun porches even in well-lighted living rooms. We ow Northern city dwellers who have ne well with *hibiscus*. But how well? bring this plant to bloom occasion-y, with lots of patience, is no great ck. But the flowers last only a couple days, and unless there is continuous d production the results are not worth effort for most people. In the coun- and farther south it is a satisfactory use plant whose flowers are among the st beautiful of all.

The two principal problems with *iscus* are providing enough light and keeping the plant shapely. In my opinion it should be given the best possible light at all times. For maintenance, house temperatures are well within its normal range. The main thing is to give it a big enough pot so that its roots can spread and the branches from which the flowers develop grow. Thus a ten- to 14-inch pot, or even a tub, is not excessively large.

Use a rich soil mix (3 parts sphagnum peat moss to 2 parts perlite to 1 part vermiculite), water and fertilize regularly. Let the plant simply grow out until it flowers, but when the branches get too long, flower or no flower, cut them back and start over again. At temperatures over 70° F. and with good growth you should have bloom.

Hibiscus attracts its quota of insects. Propagation is by means of tip growth on branches. •

Impatiens. ***Impatiens sultanii. Balsaminaceae.*** Easy perennial for window or light garden. Everblooming.

Impatiens sultanii and *Impatiens holstii* have been bred for so long that the parentage of the modern plants no longer counts. But in our seed catalogues the Sultanas are the smaller plants—up to 15 inches—and the taller ones are usually called Holstii hybrids. For the house, those listed as "extra dwarf" varieties (six to ten inches high) and the so-called Hybrida Nana (six inches high) are the best.

Plants are easy to come by in the spring, but for the best winter bloom start with seed. Plant in August or early September on top of the soil in light. Germination is 15 days.

Pot up in a rich soil mix (3 parts sphagnum peat moss, 2 parts perlite, 1 part vermiculite) with lime (5 Tb. to a quart of mix), give full sun or your best spot under the lights, keep moist and in 50 percent humidity, feed regularly and you will have constant bloom. It is best to treat *impatiens* as an annual and take a series of cuttings to get fresh young plants.

Impatiens comes in a wide range of colors, which are a bit flat and watery. But occasionally a plant will have deeper, richer color. Tangerine grows 15 inches tall and is the handsomest of these plants, both for leaves and shape of flower. There are also one-foot doubles, if you like them.

The plants will do best where the temperature can be kept lower than the eighties, but you should give them a minimum of 60° F. They are subject to red spider mites. **End**

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LIVING WITH YOUR STARS

FOR MARCH

ARIES (March 21—April 19) There may be sudden domestic changes, but they will be enjoyable. Luck will be with you, especially if you follow your instincts around the 9th. It's a lively month, and Venus in your sign boosts your love life.

TAURUS (April 20—May 20) A good month for new activities. You will be ready to make changes and your family will be supportive. Be open to advice and tips from unusual sources, but weigh decisions carefully.

GEMINI (May 21—June 20) A month of fun, with a special formal occasion some time at the end of the month. If special advice is needed, seek information on the 9th, 14th or 29th. Avoid decisions on the 24th. A person of influence will be impressed with you. It's a good month to ask for favors.

CANCER (June 21—July 22) An dent month for love. The 10th be the start of a happy social life. T will be good news from afar concer a legal matter. Be ready to act on opportunities. Nows the time to m definite plans for re-doing your hom

LEO (July 23—August 22) A diff problem will show signs of impr ment. Travel is favored and will you a boost. Cash will become avail Expect a nice surprise from a rel shortly. The new moon on the 9th b many surprises.

VIRGO (August 23—September Problems will clear by the 24th. N time for friendships and leisure ac ties. Restless stars have made you vous lately. The 9th brings a tra phase. A good month for making l term financial plans.

LIBRA (September 23—October 2 difficult time for you and your ma turn on that Libran charm! This wi a time for weighty considerations, h decision may not work out after 10th. Avoid asking for favors or ta anything for granted. Others have luck, so cooperate.

SCORPIO (October 23—Novembe An exciting time for romance. There be lots of opportunities to combine ness with pleasure. Your intuition be uncanny this month so follow hunches. Plenty of parties, gather and family outings fill your calenda

SAGITTARIUS (November 22- cember 21) The 10th starts a perio carefree social life. New friendship form. Don't let disappointments o past year make you overly cautious. is an opportunity month. Family life enters a happier phase.

CAPRICORN (December 22—Jan 19) Loved ones will be demanding you'll get more cooperation after 25th. Pay attention to small details. will work hard for little immediat ward this month. Be sure to make for relaxation.

AQUARIUS (January 20—Febr 18) A change of scene brings roma Seek interviews, make inquiries, with correspondence this month. Op tunities will come from communica Avoid changes in your routine ar the 24th. A good time to improve fa relations.

PISCES (February 19—March 20 flourishing time for your love life. sonal success is in the stars for month. Don't be afraid to take a ch in the first week. Go with your fee rather than the facts.—PETER VIDA

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Leslie Gilsdorf's Soup to Nuts Pop-Up Bread



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HOW THEY SEE I

Famous authors share the wit and wisdom on a subje that's close to all of us.

PUNCTUALIT

I could never think well of a m intellectual or moral character, if he habitually unfaithful to his appo ments.—*Emmons.*

Method is the very hinge of busin and there is no method without punc ality.—*Cecil.*

I have always been a quarter of hour before my time, and it has mad man of me.—*Lord Nelson.*

Appointments once made, becc debts. If I have made an appointm with you, I owe you punctuality; I h no right to throw away your time, do my own.—*Cecil.*

Want of punctuality is a want of tue.—*J. M. Mason.*

I give it as my deliberate and sole conviction that the individual wh habitually tardy in meeting an appo ment, will never be respected or succ ful in life.—*W. Fisk.*

Every child should be taught to all his debts, and to fulfil all his c tracts, exactly in manner, completel value, punctually at the time. Ev thing he has borrowed, he should obliged to return uninjured at the t specified, and everything belonging others which he has lost, he should required to replace.—*Dwight.*

Better be three hours too soon t one minute too late.—*Shakespeare.*

When a secretary of Washington, cusing himself for being late, said t his watch was too slow, the reply Washington was, "You must get a n watch, or I must get a new secreta

It is of no use running; to set out times is the main point.—*Fontaine.*

Strict punctuality is, perhaps, cheapest virtue which can give forc an otherwise utterly insignificant ch acter.—*J. F. Boyes.*

Nothing inspires confidence in a b nessman sooner than punctuality, n there any habit which sooner saps reputation than that of being alw behind time.—*W. Mathews.*

Punctuality is the stern virtue of n of business, and the graceful courtes princes.—*Bulwer.*

The most indispensable qualifica of a cook is punctuality. The same n be said of guests.—*B. Savarin.*

"Better late than never," is not so good a maxim as "Better never la

From THE NEW DICTIONARY OF THOUGHTS, orig compiled by Tryon Edwards, D.D. Used by permissi Doubleday & Company, Inc.

URATIONS

An Encyclopedia of How Long Things Take

SECOND

shortest interval between windld wiper strokes on 1975 Chevelle—*controllable intermittent windshield er is optional on the new car*

ar to die and disappear—*minimum*

ning fork pitched to A above middle vibrate forty times—*the pitch for ical instruments in the United States by the National Bureau of Standards*

wings of a small hummingbird to seventy times

automobile at 30 mph to go 44 feet

Sun to travel 170 miles in its orbit the Earth to travel 18.5 miles

uartz crystal on a digital wristwatch eat 32,768 times

human eye to focus two to five s

22-caliber rifle bullet to travel 1,200

phone signals to travel 100,000 s

heetah to sprint 34 yards—*clocked at nph for sprinting only, it is the fastnammal*

see twenty-four frames of film at the ies

lets to travel in solar orbit (in s): Mercury, 29.8; Venus, 21.8; th, 18.5; Mars, 15; Jupiter, 18.1; rn, 6; Uranus, 4.2; Neptune, 3.4; o, 3

neteor in space to travel 40,000 ers

knifefish to emit 1,000 electric im-es—*used in the location of food*

operating speeds of open reel tape rders: 3¾ inches—medium high fidel- 7½ inches—good high fidelity; 15 es—professional quality

0,000 cubic feet of water to cascade Khone Falls in Laos

ghtning leader to travel 290 miles ard the ground

SECONDS

honor your partner before a square ce begins

hear the echo of a sound which nces off a wall 1,100 feet away on a l day

iod of time a glass blower waits after heating a glass bulb red hot before attempting to blow into it

To be declared the winner in wrestling after pinning an opponent's shoulders on the mat

The acceleration of a free-falling object inside the Earth's atmosphere to reach a speed of 64 feet per second and to fall a distance of 64 feet

THREE SECONDS

To allemande left or do-si-do your partner during a square dance

To change a typewriter ribbon on a cartridge machine

The acceleration of a free-falling object near the Earth to reach a speed of 96 feet per second and to fall a distance of 144 feet

To drive a 16-penny nail (4 licks)

FIVE SECONDS

Mice observed in the wild to copulate

The maximum time allotted for each move in the fastest type of tournament chess

Safe speed for each person to pass through a revolving door—*established by the National Fire Protection Association*

The sound of thunder to travel 1 mile

A trained elephant to turn on a small stand

The period to dip garlic in boiling water so the skin will slip off

The minimum time to turn over involuntarily in a life jacket so that the victim's face will be out of the water even if he is unconscious

EIGHT SECONDS

To qualify in a rodeo by staying on a bucking bronco in the riding events.

To make a grand right and left around a four-couple square dance set

SIX SECONDS

Most tents to catch fire after exposure to flame

Track star to run the 60-yard dash on an indoor track

The difference in speed records for men and women in competitive freestyle swimming for distances of 100 meters

A sky diver's static-line parachute to open

To absorb a pint of oxygen through the lungs while running

Cars built in 1900 to cover 100 yards *—nearly a five-fold increase over the first cars built only ten years earlier*

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VACUUM PACKED FRESHNESS

BOUNTIFUL CALIFORNIA

BLANCHED WHOLE ALMONDS

VACUUM PACKED IN FOIL TO INSURE FRESHNESS

ALMOND STIR-FRY VEGETABLES

1/3 c. whole blanched almonds
1 T. vegetable oil
2 med. carrots, pared, sliced diagonally
1 lrg. rib celery, sliced diagonally
1/2 lb. Chinese pea pods, trimmed or 1 pkg. (6 oz.) frozen, thawed
1 T. soy sauce (or to taste)
1 T. water
1 t. sugar
1 t. corn starch
1/2 t. salt
Few dashes pepper

In wok or heavy fry pan, roast almonds in oil over medium-high heat, stirring, until lightly browned; remove with slotted spoon and set aside. Stir-fry carrots and celery until tender-crisp; add pea pods and stir-fry until thoroughly heated. Mix soy sauce and remaining ingredients and add mixture to pan; reduce heat and stir-fry briefly until vegetables are glazed. Mix in almonds and serve immediately. Makes 4 servings.

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What's Happening

continued from page 18

n, I can, but even during *serious* con-sations he will make me laugh. We re once having a fight and he raised hand at me, and I shouted, "Don't *dare* touch this body, it's my in-ument!" And he said, "Yeah, let me ur you play 'Begin the Beguine' on it."

How about your son? Does Mel make laugh, too?

I'll tell you, my son seems to have nething of his father in him. It must in the genes, but my kid makes my sband laugh more than my husband kes my kid laugh.

Golda is a difficult role. You're on the ge all the time and it's an immense t to memorize. Is it as exhausting as nagine it to be?

I am extremely exhausted, really, I'm y, very tired.

How do you relax? What do you do have fun?

I don't have fun. I just go to bed and d and watch some television, which ot a good life. I don't think it's good, hink there's something wrong in the ole setup, something wrong with an rmous role like this that takes so ch out of you that you don't even ve time to see a friend and say, "Hello, w are you, let's have a Chinese meal." ere's something wrong in that. I will nk very deeply before I do another adway show. The cost is extremely h and I often wonder if it's worth it. e audience stands up at the end and y yell bravo and they throw kisses at and it's all marvelous and that's a at reward and I do love that they e me and that they love *it*, but then I n't know. I go home all by myself and little boy is asleep, my husband's here, he's in Los Angeles working on movie, and I sit and eat polly seeds.

Suppose suddenly you couldn't be an ress, what other profession would at-ct you?

Directors of plays have the best job. soon as it's opening night, zoom!, they ve. That's not a bad job. The *writer* a *movie* is not a bad job; you hand your script and you can go on to other ngs. I want something where you n't have to spend all of your energy, your time on one job for a long time, er and over again.

What will you be doing a year from w?

I don't plan. There's no way for an ress to plan. You just have to sit and it for the right thing to come along. at's it.

While Anne Bancroft is having a big ar, her husband is riding high, too.

, WITH ANXIETY

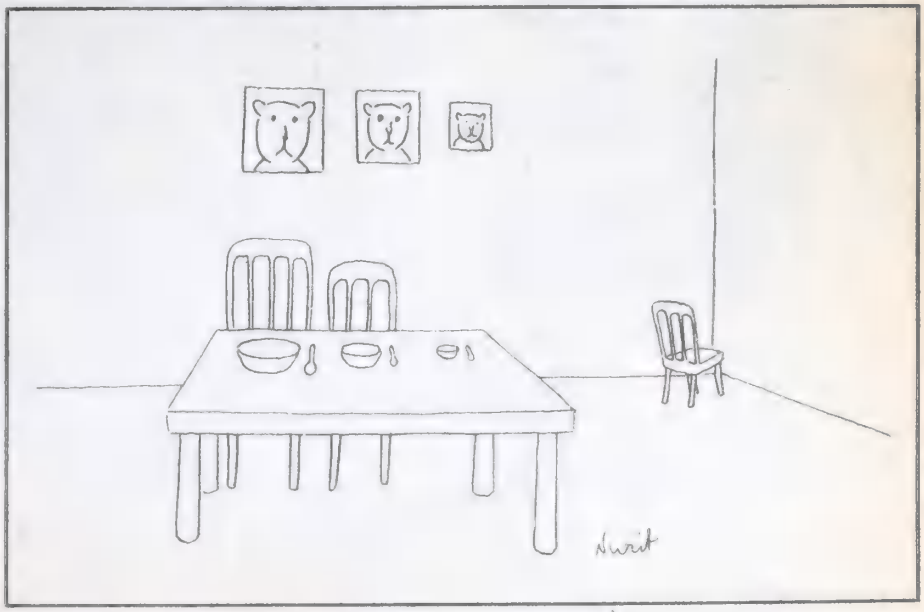
With *Blazing Saddles, Young Frank-enstein* and *Silent Movie*, Mel Brooks has had three hits in a row. Now he leaps to the fore with his new comedy, *High Anxiety*. Brooks has knocked out a knockout of a comedy that lovingly lam-poons the Hitchcock thrillers, especially *Vertigo, The Birds* and *Psycho*. In *High Anxiety*, Brooks is a psychiatrist who is appointed head of a sanatarium called "The Psycho-Neurotic Institute for the Very *Very* Nervous." A sign on the huge iron gate warns: "Keep In." The asylum is controlled by a mad doctor (Harvey Korman) and a hilariously wicked nurse, Nurse Diesel (Cloris Leachman). These two conspire to kill Brooks, who flees. But running away is difficult since it so often involves planes, elevators and just going upstairs. You see, although he's a psychiatrist, Brooks is afflicted with his *own* neurosis: he is paralyzed with fear of heights—he suffers from High Anxiety. (Eeek!) So the chase is on and we are treated to a series of satiric scenes: kid-ding *The Birds*, pigeons chase Mel to the cleaners . . . Mel and accomplice Madeline Kahn, garbled in yiddish gab, bluff their way through airport security . . . Mel's strangled cry for help from a pay booth, is breathily misunderstood by Madeline who hopes it is an obscene phone call . . . and a variety of other shorter spoofs including a gem in which Mel discovers where all of that back-ground movie music comes from. You'll leave the theater grinning because, al-though it sounds contradictory, *High Anxiety* is an Up.

UNHAPPY LOVER

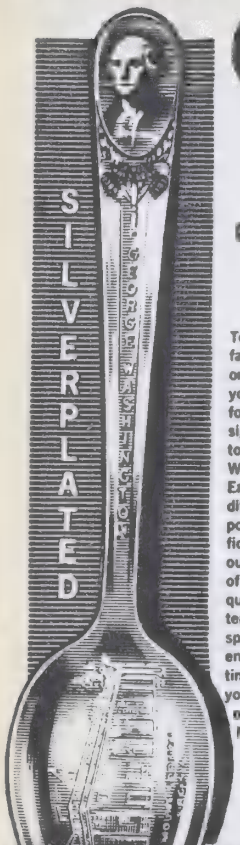
Every day when I go to a movie I hope it's going to be terrific. After all, who wants to sit through something bor-ing? But once in a while I go with *special* anticipation, and that's how I went to see *The World's Greatest Lover* because it stars two very funny people—Gene Wilder, who also wrote and directed it, and Dom DeLuise, one of the funniest fellows around. This anticipation made my disappointment the keener because I'm afraid that *The World's Greatest Lover* doesn't work. The story is set in Hollywood's earlier days, when a wacky movie mogul (Dom DeLuise) tries to compete with Valentino's popularity by having a contest to find the world's greatest lover. Gene Wilder, who works on a bakery assembly line, takes a train to Hollywood with his wife, Carol Kane. Happily, Gene wins the contest. Unhap-pily, it costs him his wife. Happily, he wins her back. Although it is sporadi-cally amusing, everyone simply tries too hard, and all of the effort shows. Gene Wilder is a gifted comedian, but he seems to falter when he does his own pictures. Perhaps what is needed is the restraining hand of a director who won't brook Gene's wilder excesses.

JOHN TRAVOLTA FEVER

A movie that will make a lot of money is *Saturday Night Fever*, which proves that you can sell some people anything. This is processed merchandise, with the label offering John Travolta, better known from TV's *Welcome Back Kotter* as Vinnie Barbarino. Here he's essen-tially the same character with a new name, Tony Manero, a Brooklyn deeze-doze-dem-dum-dum who lives for Sat-urday night when he polishes his hair, slips on his necklaces and platform shoes, and swaggers to a disco to dance. Nor-man Wexler's wretched script is a seri-ous setback for the English language. It is runny with schlock shock. These char-acters look at girls the way some guys look at junkyards: all they see is body parts. John Travolta might want to think carefully about his career: from Vinnie Barbarino to Tony Manero to the up-coming movie version of *Grease*, he's playing the same role. He may become a Dead End Kid of the 1970s, and for an actor as ambitious as Travolta is, that could *be* a dead end. **End**



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Can This Marriage Be Saved?

continued from page 14

"That was five days ago. I haven't heard a word of apology—or anything else—from Rod. I love him more than I can ever love anyone else, but I'm afraid our marriage is ended."

ROD'S STORY

"The last five nights, after long, hard hours on my job, I have patrolled the dangerous block where my in-laws' apartment is located," said 29-year-old Rod, a tall, fair-haired man with a slightly thickened middle and a neatly trimmed mustache.

"I have wondered whether Rosalie was possibly at her window watching me pacing," Rod went on in a taut voice. "I have even wondered whether she might be fighting a temptation to run down the stairs and throw her arms around me, just as I have fought the temptation to run up the stairs, apologize and take her home.

"Then I ask myself why I should apologize to Rosalie and crawl in front of her parents when I am right—and I am able to resist the temptation. It's Rosalie who ought to apologize. If I'm ever to become a man in her eyes, I realize that it's up to me to behave like one and maintain my self-respect. Practically every woman I have any contact with—Rosalie, my mother-in-law, my mother, even my nurse and secretary—treat me like a mouse. I'm sick of it!

"I often think I should never have married or at least have waited until I was thirty-five years old. That's the ideal age for men to marry, my mother used to tell me. I would agree.

"Since I worked too hard to waste time on social life, I had little opportunity to run around with girls. About a year ago, I caught my first glimpse of Rosalie, who works for a distinguished legal firm near my office. After we had passed each other on the street several times, she began to smile at me. I smiled back, though as a rule I'm awkward and shy with women.

"I spoke to Rosalie for the first time when she surprised me one morning in our reception room. She was accompanied by a ten-year-old nephew. She introduced herself and explained that she wanted the youngster, the son of her oldest sister, to be fitted with corrective braces at her expense. I was struck by her charity and offered her a rock-bottom price on a two-year contract.

"We were married long before the two years elapsed—indeed, after six weeks. Rosalie's nephew is now receiving my free professional services, as is everybody else in my wife's immediate family. A partner in our clinic invested thousands of dollars worth of time fi dentures for my mother-in-law. didn't even say thank you. Instead has the crust to praise the dental b fits of eating so-called health food. wanted to insult Rosalie's mothe might point out a certain paradox ir belief, but I keep my mouth shut.

"I could say plenty about the Rosalie's sisters impose on her, as my free-loading brother-in-law. showers every family member with ish gifts and they don't reciprocat kind. Last Christmas she gave her bi er a digital watch; he gave her a co of dime-store handkerchiefs, althou have heard him say he earns 'a bun

"I don't expect Rosalie's parent equal her generosity, but it does s excessive to remember her mothe Valentine's Day, and every other you can think of. My mother-in-la without question the most tactless w an I have ever met. My father-in-la a good-hearted guy who has never m an extra dollar, yet he frequently o me stock market and real estate tips

"I accept my in-laws for Rosalie's s She insults my mother at every t saying Mom wanted me to marry a girl. No doubt Mom *would* have ferred a wealthier daughter-in-law, the fact is, she didn't want me to m *anybody* as soon as I did.

"As a bachelor, I acted as Mom's cort at country club affairs. My fa was always too busy piling up a fort in his construction business to take anywhere. As a boy I expected to go my father's business but he never inv me. Mom was bound and determi that I should enter a profession like brothers—one is a lawyer, one is a tor, one is a dentist. I chose dentistry

"I have never been sorry about choice, but I would have liked a l less pressure. There is no denying M bullies me. I give in rather than fi

"I had no idea Rosalie would turn to be so like my mother. Rosalie wo hate to hear that, but it's the tr Whenever I disappoint her, she trie manipulate me to her viewpoint, e cially sexually.

"Frankly, I believe I have a less-th average libido, although it is a subje have never discussed with other mal have no men friends. In my boyhoo was a loner.

"I was a virgin when I married a of course, so was Rosalie. She was sw and biddable on our honeymoon, haps a trifle more interested in lovem ing than I, but not noticeably.

"As she became more sexually agg sive, my interest decreased. Maybe much hard work is the cause, or possi I'm scared by Rosalie's determinatio get pregnant. Sometimes I get the f ing she wants a father for a house ful children more than she wants to m love with me, her husband.

I don't expect our marriage to be per-. In a great many ways, I believe alie and I are fairly well suited. But need professional help to learn how ompromise."

COUNSELOR SPEAKS

Neither Rosalie nor Rod wanted or ected an apology for a trivial inci-. Rather, the two were subconscious-ttempting to identify and air dissat-ctions—and either clarify their rela-ship or abandon it.

During the course of our initial inter-, Rosalie and Rod agreed that they ted to preserve and improve their riage—if possible. In many ways, as realized, he and Rosalie were com-ble. Both were ambitious and achiev-admiring hard work and the eco-ic rewards it can bring.

Rosalie deceived herself into believ-she scorned status symbols. Certain-he felt contempt for the snobbish-of Rod's mother's country club set she, too, valued social acceptance. The couple's in-laws on both sides e unusually difficult and Rod and alie found it hard to cope with them. Rosalie was startled and chagrined liscover, and then admit, that she essed qualities in herself she heartily ked, and yet, out of a mistaken sense amily loyalty, fiercely defended in mother. Both were tactless and too poken in their dealings with Rod. alie's bluntness drove him away and in part responsible for his murder-work schedule.

When Rosalie perceived this, she ped defending her mother and ad-ed to Rod she herself was too out-:en. In return, Rod told Rosalie he his mother was domineering and y, and very probably had damaged self-respect. This honesty helped n to better cope with their families. They spoke frankly to their mothers-w and told them they would visit family every other week. Rod's ner objected strongly—in vain—to new arrangement.

Considerable discussion was devoted to Rod's distress at Rosalie's expensive gifts to her family and others. Rosalie accused Rod of jealousy, which he acknowledged. But after further exploration of her behavior, Rosalie recognized with shock that she had been trying to buy love. Her unappreciative brother ceased to be a problem when she ignored his anniversaries and birthdays.

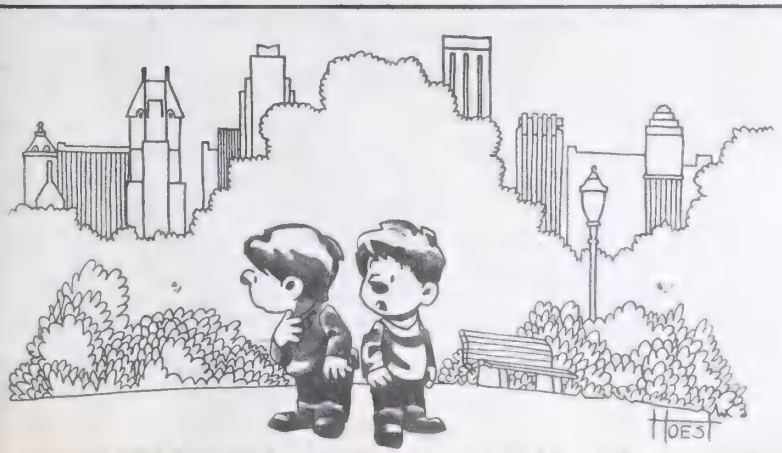
"Rosalie asked Rod to help her break her habit of tactlessness. Every time she blurted out an unpleasant remark or criticism, he was to tug his ear as a reminder for her to stop. Rod was flattered to be asked to help Rosalie correct a disagreeable mannerism and gradually, Rosalie learned to soften her tongue.

"Rod had grown up with little contact with his money-making father, who had apparently buried his emotional self and become a workaholic—just as his son was doing. Rod lived in a state of chronic tension, always on guard against expected feminine assault on his dignity and ego. I have seldom met an individual more rigid or afraid of people. At my request, Rosalie and Rod joined in group counseling. Eventually, Rod was persuaded to take off his shoes and socks, sit on the floor with the others and join in spontaneous conversation.

"Rod's fear of Rosalie amounted almost to terror—she had, after all, married him before he felt ready, almost against his will. Although physically normal, Rod was afraid of sex, of relaxing and letting go.

"Rosalie's repetitive demands to get pregnant alarmed Rod to an extreme degree and further lessened his interest in sex. The harder she pressed, the faster he withdrew. When Rosalie modified her demands his sexual interest grew. At the time we concluded counseling (the couple saw me for many months) Rosalie told me they were becoming increasingly compatible in sexual terms.

"Not long ago Rosalie telephoned with the news that she was pregnant. Both she and Rod considered it a miracle, she assured me, adding that the once reluctant father boasted to everybody of the coming event in his family." **End**



"We're not lost as long as we don't cry."

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ETIQUETTE OF DIVORCE

continued from page 79

Contrary to your fantasy, not everyone is talking about you. Divorces are so numerous that most of us give them (other people's, that is) little more than a cursory nod of acknowledgement. Your divorce is only endlessly fascinating to you.

Whenever you tell anyone, be careful not to say too much. One woman told all her friends the sexual problems that led to her divorce, as a plea to them—be *my* friend (it wasn't my fault). The only information you are called upon to give is the legal one: you are divorced or separated. Which friends you tell more, and how much you tell them is up to you.

How not to tell people you've just met

One insightful divorced man has noticed that all divorced people refer to their ex-husband or ex-wife—never, specifically, to their divorce—somewhere in the first five minutes of conversation with someone new. Just like a man who has gone to Harvard, they'll let you know, no matter how long ago it was.

Stop and think the next time the compulsion to get this information across overtakes you. Unless your divorce is relevant to conversation, there's no need to remark on it. One divorced man, in order to curtail his divorce information, plays a game when he meets new people. For the first 15 minutes of conversation, he tries to give them as little personal information as he can. By then the urge to tell has usually passed, and if and when the subject does come up, it does so in the natural flow of conversation.

Your place of work

One woman I know cheerfully poked her head into her boss' office one afternoon and asked if she could leave a bit early to "go and see my lawyer, I'm getting a divorce." Luckily, the incipient divorcée had not been distracted or depressed at work and had managed to maintain silence. She was correct to bring up her circumstances—with a short statement of fact—when the divorce was becoming a reality.

Although you might be doubtful about introducing a personal problem into your place of work, it's embarrassing for a boss or co-workers to ask about your spouse and then have the news sprung on them. But don't expect the support you get from family and friends. Business is still business. If you are very friendly with the people in your office, or some of them, and want to tell them more than the cold, hard facts, do so. But wait until after business hours.

Separation announcements

Written announcements are generally reserved for special—usually festive—occasions, and a divorce or separation announcement is hardly that. Still, an announcement is a perfectly reasonable idea if you are having difficulty letting people know, or if you want to let people know who live far from you without having to write a letter (and, therefore, an explanation). A simple statement of fact coming from you, instead of rumors, could also save you a lot of explaining and cut down on others prying. In order to blunt the edges of such an announcement, you may put something as useful as a change of address card to a dual purpose. It may read:

> Sigrid, Tommy and Kim are now living at 105 North Street, New London, Conn.

A name change announcement can serve the same purpose.

Telling friends

It's difficult for divorced people to put their marriages behind them when friends insist upon bringing them up. It might also be difficult for you not to gush forth with the entire story at first prodding. The problem is to find the line between telling nothing (which might hurt your friends' feelings) and telling all (which might hurt you). There's also the chance that friends will soon tire of constant complaints. Those who ask for the whole story are not necessarily promising their support. What they want to hear is, often, "all the dirt," *not* all th details, *not* all your pain.

Don't demand of anyone that the take your side against your spouse. On of the most valued attributes in friend is loyalty. Over the years, you have prob ably depended upon their loyalty to you spouse as well as to yourself. Don't as them suddenly to betray that trust.

Handling gossip

Gossip during divorce is inevitable and sometimes outrageous. I heard o one instance where the husband wa told—and given what appeared to b substantial proof—that his wife was lesbian. His wife demanded, rightly, tha he tell her from whom he heard the ru mors. She then called each person—ther were two or three—and confronted then She said, "I understand you've told Pete that I'm a lesbian. You must call my hu band and tell him that your story wa mere gossip." All those concerned co rected their story.

There's another kind of gossip tha you must avoid—retroactive gossip, usu ally told to you by people who are hidin behind the guise of well-meaning an supportive friendship. They'll begi right after the two of you have split u with such choice nuggets as, "Lawrenc flirted with every woman at the offic We were all sure you'd noticed." Yo might be horrified, but probably als fascinated, when friends go on in th vein. But don't allow yourself to listen the information they're feeding you no longer of any importance.

Gossiping about your ex

Don't you be tempted into a simil transgression—gossiping about your e You'll feel guilty, sooner or later, abou giving away the secrets of a marriage although it may no longer exist. Sharin intimate details of your life together wit outsiders can also end any chance for reconciliation. When you gossip abou an ex-spouse, you breed gossip abou yourself as well. After all, what kind o person could *you* be to put up with suc a person for so many years? What di you do to provoke such awful behavio

When you and your ex are invited to the same party

If friends have a large party, they probably—and should—ask you both. they have any sensitivity, they'll also i form you both of their plans. The two you can decide together which one w accept the invitation; if you aren't o such cooperative terms, at least you each know beforehand that the other on will be there.

I advise caution in both of you goin to the same party. I remember all t vividly what happened to my frien Helene. Helene was perfectly bla about seeing her ex at a party . . . un she saw him, sitting at the feet of a wo

ızing into her eyes, clasping her ds in an embarrassingly soulful ges-e. What made it even worse is that lene's own escort was the one to point n out—he didn't know who he was, he t thought he looked silly. Helene, stered, blurted out, "That's my hus-ıd"—and fled.

I think it's wisest for only one of you choose to go to a party, unless a lot of ıe has passed and you're fully healed. er all, you're socializing to have a od time, not to worry about how you're king to your ex or how the both of you looking to others. As one woman put when asked if she'd mind going to same party as her recently separated sband, "If we wanted to go to parties ether, we'd still be married."

AKING THE TRANSITION OM MARRIED TO UNMARRIED

king off your wedding ring

Most people remove their wedding g after either separation or divorce. you'd like, you may continue to wear ır ring on your right hand, or, wear ther ring on that finger of your left ıd.

Some women have the emotional mina to continue to wear their en-gement rings on their right hands or another finger of their left hands. But ınging the setting is a good idea if you l you cannot wear the ring in its pres- style. Or, you can save the ring for ır children, return it to your ex (so he ı present it to his next victim) or put ıway for a year or so. It might start king good to you again, once some of association has burned away.

f your ring is an heirloom from his ily, remember this: it was a present you. Whether you return it or not de-ıds solely upon your benevolence.

anging your name

For some women, returning to their iden name helps to re-establish them-ves as persons separate from their ex-sbands. If you do change your name, ı may wish to send announcements. ese can read simply:

andra Meyer announces that she will e known as Sandra Frances as of ıugust 1, 1977.

n any event, you may have a prob-ı convincing people to stop calling ı by your ex-husband's surname. Un-; you're as strong as boxer Muham-d Ali or as tall as Kareem Abdul Jab-, the basketball player, you'll have to e the trouble to continually correct ple until your new identity becomes ly fixed in their minds.

ing both your married name d your maiden name

Women with children who use their iden names only might want to use h names after divorce. It may, in ny instances, be more convenient to have the same name as your children. If your children are from a previous marriage, it may be more convenient for you to use that name once again.

Once divorced, never use your husband's first name—"Mrs. Sandra Meyer" instead of "Mrs. Henry Meyer" is perfectly acceptable.

Dating during your divorce

Although it's important for you to begin to meet new people, if papers have yet to be signed you had better ask your lawyer to explain to you how the divorce laws in your state affect your personal social situation—and follow his advice.

If you are out with someone and bump into casual friends who are not yet acquainted with your circumstances, don't shuffle and hide. Before their heads begin to swivel in search of your spouse, make your introductions and add that the person you're with is a friend. To further explain, you may also say, "Jan and I are getting divorced."

Fix-ups

Couples see the world pass by in couples. After a separation or divorce, friends will inevitably introduce you to any and every single friend of the opposite sex in the hopes of parlaying "just a quiet dinner at home" into a romance. Most newly divorced people go along with being fixed up the first few times. Even the stalwart begin refusing such invitations after a bit, however.

The main problem with this process for meeting new people is that the situation is usually contrived to make everyone as uncomfortable as possible. To cut down on self-consciousness, friends should invite one or two other people, along with your "prospect," so your party is just a party and not a mating ritual. Don't "warn" the two central characters. They'll surely find it easier to enjoy themselves and each other if they haven't been told in advance that they have a job to do.

If, as a newly single person, you find these dinners uncomfortable or if, after a number of them, you've come to realize that, independently, you manage your social life much better than your friends are managing it, accept invitations, but say, as one divorced person has said, "I'll just come as me."

Men who pinch

If a divorced woman was starving for sex, as popular male myth suggests, it was probably when she was still married. It certainly is not now, when she has her freedom.

Every person is flattered if another person finds them attractive and lets them know it in a pleasant and non-intrusive way. It is not flattering to be found attractive by someone whose style is unattractive—and by "unattractive," I mean broadly suggestive or downright ugly.

Introducing your dates to your children

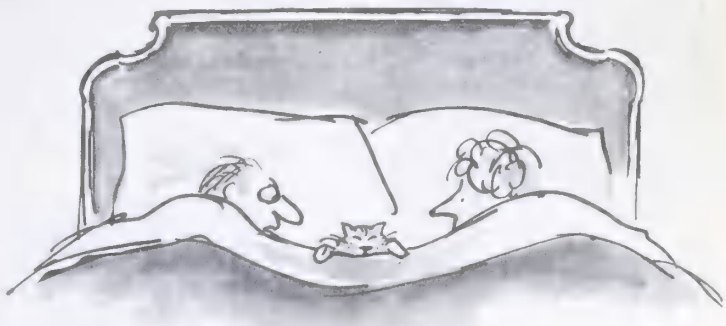
If you go out with someone more than once or twice, it's important that they meet your children, just as your children bring their new friends home to meet you. Keeping someone away from your children will turn each of your evenings out into a mystery for them. Their meeting does not have to be a planned event; a new friend of yours can just say a simple hello or can stay to dinner, whatever fits in naturally with your plans.

I do think it's important for your children *not* to meet your friends at the breakfast table. Unless the children are very little, there's nothing casual about such a scene. A divorced person has every right to do whatever he or she wants to do, but until you're pretty secure in a relationship, I think it's best to keep the children out of it.

Women in relationships with men who have children

Women always seem to take the responsibility for the children present,

continued on page 160



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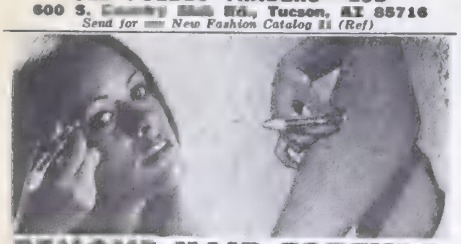


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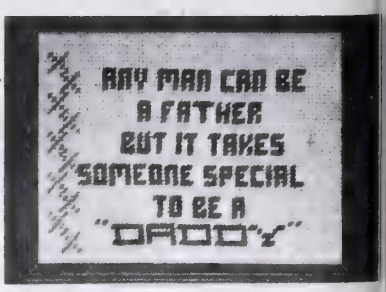
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"I lost over 13 inches from my waist, tummy, hips and thighs in just 25 minutes with Slim-Skins." says Sandra Martin



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THE SLIM-SKINS EXPERIENCE:

BEFORE

Sandra Martin contemplates her figure problem. At a health spa she was told it would require 3 months to take off all of her excess inches. She decided to try Slim-Skins. Starting measurements: Waist: 27", Abdomen: 35, Hips: 38-1/2, Thighs: 23-1/4





Sandra slips on her Slim-Skins–snaps the universal adapter to her vacuum cleaner and turns it on. Just 10 minutes of the rhythmic motions of the Slim-Skins "Permanent Inch Reduction" program and 15 minutes of pure relaxation – as the excess inches disappear like magic



AFTER

Sandra takes off her Slim-Skins and checks her results. Totally mind bending! Sandra's results from her first Slim-Skins experience:
Waist: 24-1/2
Tummy: 31
Hips: 36
Thighs: 21

TOTAL LOSS – WAIST, TUMMY, HIPS, THIGHS: 13¾ INCHES TOTAL TIME: 25 MIN.

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ETIQUETTE OF DIVORCE

continued from page 157

whether the children belong to them or not. When a woman is newly single, with children of her own, she may be unquestionably tagged as the one who should look after the children of the men she sees. Possibly, you'll enjoy taking care of a family again. If you don't, there's no reason for you to do it all. Your new and possibly temporary family can be structured along more modern lines. Redivide the chores and the responsibilities. Because there is no prerequisite behavior for this new style of family living, you'll have to experiment to see what works best for you.

YOUR OLD LIFE AND YOUR NEW LIFE—BRIDGING THE GAP

Doing things together as a family

Many newly separated or divorced people find one of the hardest things to adjust to is the "death" of the family. During this vulnerable time, most separated families need only slight provocation—a holiday, a graduation—as an excuse to reunite and celebrate together. Although this tends to make parents anxious and give the children temporary false hopes, it is unavoidable in the beginning of a separation and it helps to make the transition of living without a parent or without each other a little easier.

To sidestep disagreements, it's best to have arrangements—like deciding who pays a bill—worked out before meeting. You cannot expect the good will, which motivated the reunion, to extend to and resolve all of the difficulties that led to the two of you getting divorced in the first place.

Sharing a vacation house

Sharing a vacation house is a bad idea from the start. But you'll probably try it anyway, since you both want the house and neither of you can afford to maintain it alone. In all likelihood, however, one of you will end up taking the responsibility for it and either rent it out for part of the year, or put it and its memories, good and bad, up for sale.

While the two of you are sharing your house, arrange alternate months, if you can, not weeks or weekends. The less you are confronted with a sink choking with your ex's hair, the longer your bihabitation will last.

Telling your ex when you begin to live with somebody or marry

If you start living with someone, even on a fairly part-time basis, your ex will find out soon enough. So it may be easier on both of you if you are the one to do the telling. That two people who are divorced should lead their own lives unencumbered by the past is a nice theory, but a legal decision doesn't obliterate an attachment as strong as marriage. An ex-husband or wife may not have a say in what you do—legally; but emotionally, it's another matter.

Paradoxically, by the time a marriage is planned, an ex-husband or wife can be so far in the past that it may not seem appropriate or you may not feel obliged to contact them to tell them you're remarrying. This is entirely up to you. Of course, children and alimony make it impossible for your life and your ex's life to be completely separate. In this case, your ex would naturally be informed about your remarriage.

When you're living with one man and receiving alimony from another

When you live with someone, although you make no legal commitment and the man you live with is not expected to support you, the two of you are sharing many expenses you would otherwise have to meet alone. It's foolish to hide the fact that you're living with someone—and dishonest as well—if you're afraid your ex will try to renegotiate your alimony settlement on those grounds. Of course, I do not suggest that you tell your ex if your living arrangement is only temporary. He needs to know only when you have made a serious, long-term, living-together commitment.

Extending invitations

Divorce should not bring on an attack of tactlessness or unfriendliness. Your parties will be more lively if you invite *people* whom you enjoy, not just couples for the sake of appearances. The divorce of a friend should not make a difference in the quality of your entertaining friendship. When you invite a divorced person to a party, you may want to give him or her the *option* of bringing so[meone] along. A nice way to take the pre[ssure] off a single person who may feel tha[t] or she is expected to bring a "date" is show that you would like your friend visit you in the way he or she feels mo[st] comfortable. You may suggest, "If you like to bring someone, please let m[e] know a day in advance."

Offering help

Don't be afraid to offer help to som[e] one who's going through a divorc[e] Sometimes friends stop calling when separation becomes public knowledge just when they're needed most—becau[se] the change in someone's life makes the uncomfortable. They're afraid they have difficulty assuming the proper at[ti]tude, or afraid that the newly separate[d] person might ask them for somethin[g] The proper attitude to assume, of cours[e] is the way you really feel. Any posturi[ng] on your part will make a difficult situ[a]tion more difficult. As for being asked f[or] something, friendships are built on m[u]tual needs. A true friend *offers* help to friend when he or she thinks it might b[e] needed.

Considering your own needs

Perhaps the people who need the mo[st] amount of coaching during the bac[k] and-forth togetherness of a separatio[n] are friends and family who, too ofte[n] find they've been taken along on a tr[ip] where nobody knows where they're g[o]ing. When you're with a separating co[u]ple, you're probably having a crisis your own just trying to stop relating them as a couple. In these situation[s] you can't expect much from your hos[t] in the way of helping you feel comfo[r]able. If you can tolerate the electrici[ty] in the air, you can stay and act more less as a shock absorber. Or, you can t[ell] them clearly that you are too uncom[-] fortable to stay, and go home. **En**



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Editor's Diary

Lenore Hershey

ANOTHER MERV-ELOUS SHOW



As I've said in this space before, there are times when the job of editor-in-chief seems to be the most fun and glamorous in the world. I always feel that way when I join the Merv Griffin show for the annual "Star Dazzle Awards," which you may have seen in your area during the past few weeks. What excitement, flying to Hollywood, getting gussied up backstage (the makeup people always re-convince me that if you know how, cosmetics *can* make a difference!), and finally, walking out to meet Merv and present Ladies' Home Journal citations. This year, the winners were Carol Burnett, Kate Jackson, Jacqui Smith, Sally Field, Lynda Johnson Robb and Susan Ford. What's Merv really like? Warm, funny, a great showman, and as demonstrated at dinner later, a singer who is practically a walking encyclopaedia of American popular music. The 90 minutes raced by for me, and I hope they did for audiences, as well. Magazines are my life, but I have to admit—TV is fun to participate in once in a while, too.



DOGGY PARTY
Sandy and his canine understudy, Arf, visited us at the office to brief us on the book excerpt that starts on page 86. Here, an attentive group of LHJ staffers make them welcome at my office. Hamburgers and champagne were served.

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Dear Journal...

Love letter

It is a pleasure and a confirmation to see a magazine that is something of an institution grow and change with the times. As a feminist, I deeply appreciate the steady and articulate concern *Ladies' Home Journal* expresses for the new roles and situations in which women find themselves. As a mommy, I appreciate the articles on mothering and homemaking. As a woman, I appreciate the features on health and beauty care. As a romantic, I get a kick out of the fiction and personality profiles. In short, I appreciate the way in which your magazine responds to and nurtures the wholeness of who I am and what I do. Keep up the good fight. I am sure that I am not just a single voice in the wilderness!—*Cynthia Caven Carlson, Half Moon Bay, Ca.*

Women's strength

Women learned toughness (February 1978) a long time before it was fashionable. How quickly we forget the days that women had to live without washing machines, electric stoves and widows' pensions. It wasn't called toughness then, just what you had to do to get on with life.—*Ginny Coombs, Tulsa, Okla.*

Women have always been "strong and female." Now men have to learn to be gentle and masculine.—*Linda LoPresti, Chicago, Ill.*

The Navy's stork attitude

I wish to correct Letty Cottin Pogrebin's statement in her January 1978 column concerning the U.S. Navy "forcing pregnant women to retire." Navy women have been allowed to continue working during pregnancy, changing over to civilian clothes when they can no longer fit into a uniform. Of course, the sight of a pregnant sailor is still too much for some officers, but Navy women are proving that they can continue to do their jobs and be mothers as well.—*Lt. Cdr. Kathleen N. Byerly, U.S.N., Portsmouth, R.I.*

More on pornography

I was interested in your comments about the domination of pornographic magazines on the newsstands (Editor's Diary, January 1978). It's ironic that at a time when women are making so many social, political and economic advances in equality, these magazines have gotten more outrageous in their depictions of "playmates" and "pets." Chuck steak in supermarket ads is pictured with more respect and dignity.—*Mrs. D. Romano, Midland Park, N.J.*

Cheating vs. betrayal

Dr. Rubin's article on marital infidelity (Psychiatrist's Notebook, November, 1977) states, "To understand why a husband cheats on his wife, or a wife betrays her husband . . ." both amused and irritated me. Why was the wife the one who betrayed and the husband who cheated? I feel the word adultery would be the best term for both husband and wife. I'm not a women's libber, a religious fanatic or a crusading Anita Bryant. My opinion is that men and women can never be equal in all things—such as physical strength, stamina and abilities to do certain jobs. But one thing we can and should certainly be equal in is our marriage vows.—*Mrs. James Westfall, Hopewell, Va.*



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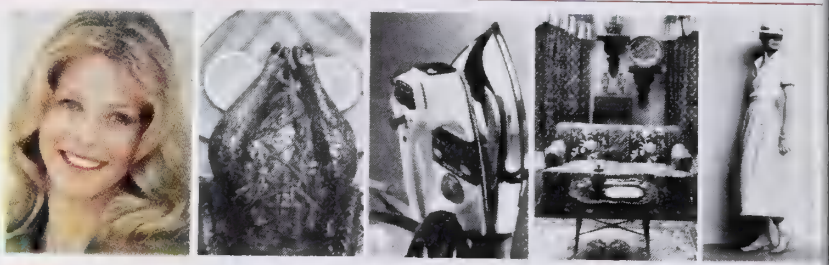
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APRIL 1978

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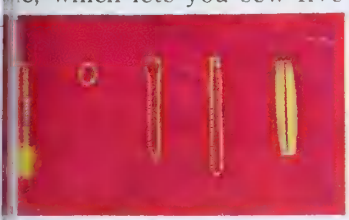
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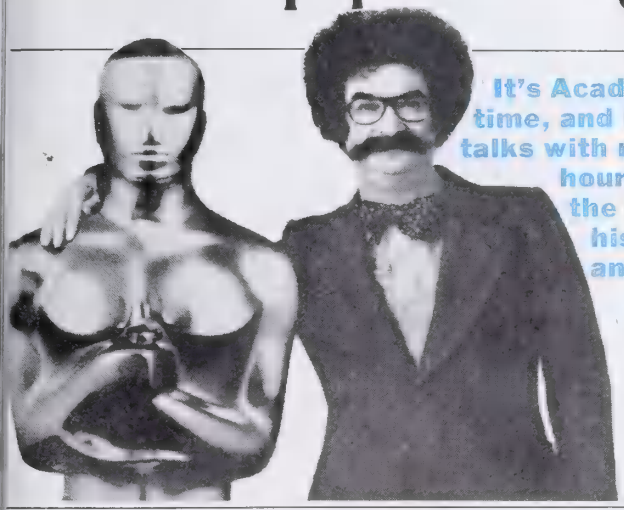


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What's Happening



It's Academy Award time, and Gene Shalit talks with man-of-the-hour Oscar, on the occasion of his 50th anniversary.

The students at the *Harvard Lampoon* once proposed movie awards called the Levant Oscar, the De La Renta Oscar, the King Oscar (a gold sardine for *Jaws*), the Wilde Oscar, the Hammerstein Oscar and, we might add for Sesame Street lovers, the Grouch Oscar. All well known, but none knowner than ol' J.P. (Just Plain) Oscar, the pride of Hollywood. This month you'll see the 50th presentations of the Academy Awards, and so I deem it an honor, a pleasure and a distinct privilege, my friends, to converse with the unobscure object of Hollywood's desire. Not wishing to seem too familiar, I began by saying, *Hello, Academy Award Statuette.*

O: Oh, you can call me Oscar.

GS: *Thanks. Why are you called Oscar, Oscar?*

I was born nameless, sketched on a tablecloth by Cedric Gibbons and sculpted by George Stanley. Then in 1931, Margaret Herrick, the Academy librarian, exclaimed that I looked like her Uncle Oscar. And that's why they don't give out Sydneys or Myrons.

So which Oscar are you, Oscar? I mean there must be hundreds!

One thousand four hundred and twenty.

Right. So which of you is the genuine article? The one Clark Gable didn't win for Gone With The Wind *in 1939, which was the year that Robert Donat won for* Goodbye Mr. Chips? *Or one of the 31 won by Walt Disney who won more than anyone else? Or the very first Oscars won by Emil Jannings and Janet Gaynor in 1927?*

We're *all* real.

I don't get it.

And you never will. You haven't been *nominated.*

What do they play when you come on stage, "Send in the Clones"?

Okay, we're even. Since this is the Ladies' Home Journal, maybe you'd like my measurements. I'm 13½ inches tall, I weigh 8½ pounds and I'm made of—

Gold, right?

Sure, and Tinkerbell's real. No, all that glitters is not necessarily. The original Oscars were solid bronze.

And you?

A tin-and-copper alloy called Britannium (should be Californianium), all gold plated. During World War II we were plastered (some of today's winners apparently think the war's still *on*), but in 1946 we were put on our metal again.

(continued)

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What's Happenin

continued

So you're all created equal?

Yes. We're standard issue fr Dodge Trophy plant in Crysta Illinois, near Chicago—

I thought I detected a midwest cent—

But there have been a few oddli 1939, when Walt Disney got a for *Snow White*, Shirley Templ was then nine years old, came gave Walt seven little tiny Osca seven dwarfs, get it?). And Edg gen was given a wooden Osc movable jaws. Once we're taken we can live pretty high. Like on a in Beverly Hills, or in a tempe controlled little glass house, or b a spotlight all day—things co worse.

How worse?

Stolen, for one thing. Marlon B for *On the Waterfront* was stole Sophia Loren's was stolen wh home was ransacked in Rome. A Newcom, who won for editing *with the Wind*—Jim's—this is trag melted in a big fire in '62. A lot has vanished from Hollywood, s of us are now in bathrooms, or u bookends or doorstops, Heston h *Do you ever feel rejected? I mean do and George C. Scott.*

You had to ask! We like to play those rejections. But all we do is g into surplus (really makes a gu great, you know?), and we call Little Orphan Oscars.

You seem to have had a populati plosion.

I cannot Dodge the fact. In 1930 were just seven Oscars, *The New Times* ran an inconspicuous tw story, and we felt like an endan species. This year there are 22 gories, with plenty of duplicate a because writers, for example, often in teams, and there are multiple w in the technical categories.

What about ties?

Never wear one. I don't even h suit. Okay, okay, you mean like W Beery and Fredric March in 193 Katharine Hepburn and Barbra sand in 1968. There are always a f us around for those.

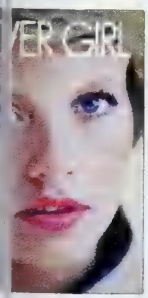
You mean you're engraved in adv Do I detect skulduggery?

Of course not. We're all blank the of the ceremonies—the whole po suspense. Then after the winner o "best American-made foreign live-a animated documentary full-length subject" takes us home, we're gra right back and hustled to the eng And that tickles. It's okay when all have to engrave on us is "Patton "The Sting," but can you *(conti*



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What's Happening

continued

imagine the tickling torment of being engraved with "Dr. Strangelove, or How I Learned to Stop Worrying and Love the Bomb"? Were we happy that didn't win! Still, there have been mistakes. Back in 1937, when Spencer Tracy won for *Captains Courageous*, the Oscar came back engraved "Dick Tracy."

So tell me, how much are you worth?

Let's see, there's my beach house in Malibu, the condominium in Palm Springs—

I mean how much do you cost?

They tell me we're $100, but you couldn't buy us for *any* price.

Not even Waterhouse Price?

That's Price Waterhouse! And it's all on the level.

Do you have any regrets?

Just that John Barrymore, Greta Garbo, Cary Grant and Orson Welles never won.

Is there anything you wish had happened?

I wish I had teamed with the late Hollywood tycoon, Louis B. Mayer, to make an Academy Award picture so that it could have been announced from the stage, "And now, the Oscar-Mayer winner!"

There should be a statuette of limitations on jokes like that. The envelope, please.

Squalid "Gauntlet"

Clint Eastwood, must have stock in a bullet factory. What other reason could he have for the millions of bullets shot at him in what we a'l know will be a futile attempt to kill him in *The Gauntlet*? I mean, can you imagine Clint Eastwood being knocked off in a movie *starring* Clint Eastwood that is *directed* by Clint Eastwood? The movie is squalid with violence, corruption and hypocrisy. It is occasionally interesting to *look* at because Eastwood can be an interesting director. His trouble is that he picks ludicrous stories. He is better than his material. But then, so is my tailor, and I wouldn't pay $3 to watch *him* act in a movie, either.

A drizzle of drivel

In recent years, the Italian film director Lina Wertmuller has been a sensation with American audiences: *The Seduction of Mimi . . . Swept Away . . .* and her masterwork, *Seven Beauties*. Now she has decided to make a movie in English, and she calls it *The End of the World in Our Usual Bed in a Night Full of Rain*. The stars are Giancarlo Giannini, the Italian actor, and Candice Bergen, the American model. It was shot without a script: barren banalities that were stale when they were fresh, dialogue that's a stream of semi-consciousness, disappointments. *A Night Full of Rain*—two hours of drizzle

A comedy corker

The One and Only is a fun starring Henry Winkler and Kim directed with discipline and del Carl Reiner. Henry Winkler play sufferable college showoff whose taller than his talent. He brags can make people laugh, and h *at* him. He woos a campus coed, ly acted by Kim Darby, who him because, she explains, she's barrassed to *date* him. After gra it's off to New York, the big ap bigtime. There's Broadway to c but Broadway does not concur. falls: they live in a grubby room, at every audition. But just when are not looking up, he looks do sees a midget who shortly chan life. The midget is Hervé Villech sunny, funny, honey of an actor. It he's a wrestler, and he introduces to the impresario, uproariously by Gene Saks. You guessed it, W

(continued on pag

GENE SHALIT RE-VIEWS

Annie Hall, Woody Allen's new m more than his best film; it is an event a treat! Diane Keaton is marvelous; genius.

Close Encounters is one of the mos tacular movies ever made. The story terious UFOs builds to an emotional of celestial majesty.

The Goodbye Girl, Neil Simon's latest a joyous comedy that flows with feelin insights. Touching and marvelously

Heroes finds Henry Winkler on the edge of post-Vietnam stability. Not f teens or Fonz fans; others may well be to cheers.

High Anxiety, the latest Mel Brooks is a knockout comedy that lovingly poons the Hitchcock thrillers.

Julia, based on a story by Lillian He stars Jane Fonda, Vanessa Redgrav Jason Robards. It is complex, intellige heartbreaking. Fred Zinnemann di his work is a gem.

Looking for Mr. Goodbar floods with acters that claw the nerves. It is harr and you may be offended. But star Keaton ascends to acting's hall of fame

The Man Who Loved Women is an tional film from François Truffaut ab man who's motto seems to be "once with feeling." Touching, funny, pat irresistible.

Saturday Night Fever proves that yo sell some people anything. John Tr plays essentially the same character h on TV. This could be a dead end.

Semi-Tough stars a sunny, funny Reynolds in a romantic comedy that strike some as raunchy; others will fin pleasure.

Star Wars is a super picture filled with ination, humor and joy, with stunning e that use the visual power of pictures to vide pleasure. The whole family will h holiday.

The Turning Point stars Anne Bancrof Shirley MacLaine and is quite simply o the great movies of the year. Bonus: Ba nikov in brilliant ballet scenes.

The World's Greatest Lover is a disapp ment, particularly because it involves very funny men—Gene Wilder and DeLuise.


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What are taxes?

The money that people pay to the government is called taxes. The government uses the tax money to help all the people in many ways. Like building and keeping up schools, roads, parks and hospitals. And paying firemen and policemen and mailmen and others who help us. And much more. There are many kinds of taxes. "Income taxes" are taken out of paychecks where people work. People who own houses must pay "real estate taxes." In most states, you pay "sales taxes" on things you buy. In those states, for instance, when you buy a hamburger and milkshake, your bill might look like this:

1 milkshake	50¢
1 hamburger	$1.00
Tax	12¢
Total	$1.62

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Can This Marriage Be Saved?

Betty Hannah Hoffman

Is it possible to change a man whose drinking is destroying a marriage? Ingrid had given up hope of ever changing Norman—until a counselor proposed a strange sort of bribe.

This series is based on information from the files of the American Institute of Family Relations of Los Angeles, a nonprofit educational counseling and research organization with a staff of 70 counselors. It is the oldest and largest counseling center in the world. The true stories reported here are drawn from counselors' reports of interviews. Names, geographical locations and other minor details have been altered to conceal identities. The counselor in this month's case was Dean Smith.

Paul Popenoe, Sc.D.
Founder and Chairman of the Board
American Institute of
Family Relations

NORMAN'S STORY

"My wife no longer loves me," began Norman, 40, a handsome, burly telephone installer with deep-set blue eyes. "She won't let me near her. Emotionally, she's out the door already.

"Recently, we celebrated our eleventh wedding anniversary in Las Vegas—away from the two kids. I've been too tired for sex lately—working too hard, I guess—so I wanted this time together to be the greatest. But when we made love, Ingrid lay on the bed like a sack of flour, and afterwards said that she hadn't enjoyed it at all. Furthermore, she wanted me out of her life forever.

"She has never acted this way before, ever! She was always so sweet, so agreeable, never raising her voice. I blame the change in her on a certain group in our neighborhood. At least six of these women are getting divorced. They meet every night at our neighborhood bar to give each other support. Lately, Ingrid's been joining them. I'm sure they gave her the idea of getting a divorce.

"After an evening with the boys, I know I fly off the handle easily, but Ingrid should realize by now that the next morning I don't even remember what I said. When I complain that the kids are too whiny and demanding, she should know it's because I'm half dead from working fifty hours a week. And when I criticize Ingrid about her housekeeping, she should realize that my father insisted upon an immaculate home. He also expected my mother to wait on him hand and foot, which she did gladly. Ingrid won't even fix my breakfast.

"In spite of her faults, I love Ingrid. She's a good wife and mother, and I'd hate to lose her. I remember how bad I felt after my first divorce. Equally painful is the thought of losing my two kids, not to mention the house, the furniture, the car. If Ingrid gets a divorce, she's sure to clean me out, she hates me so.

"It's taken me a long time to get where I am, with a decent paying job and all the union benefits. Seems like I've had a million menial jobs. My father was an optometrist and his brother was a dentist, but school never came easy to me. I flunked the first grade—goofing off and acting up, the teacher said—and after that, my parents seemed to lose confidence in me.

"My father was a really strict man with a violent temper. If I didn't follow his rules to the letter, he'd beat me or restrict me to the house. When I was in grade school, he'd try to help me with my homework, but he usually ended up pounding the table and screaming at my stupidity.

"In high school, I more than anything else wanted to have my own car. But my Dad refused to trust me with a car or driver's license. He said I could get around on my bike. That meant I couldn't date, and it also meant I missed a lot of school activities.

"When I was seventeen, I tried to sign up for the Air Force, but I needed my father's permission. Dad tore up the application papers. A year later, he let me join the Army, with the proviso that I finish high school in the service, which I did.

"When I was twenty-one and out of the Army, I met a sweet, quiet girl named Candy. She encouraged me to sign up for a two-year course in electronics. With the help of the G.I. Bill—and her parents—we were able to get married and to buy a trailer, which we parked next to her family's house. That was a big mistake since Candy was only seventeen and still very much under her mother's thumb. We were both so young, and after four years of trying to grow up together, we found that we'd grown apart. I found out that Candy was seeing someone else, and that was the end of the marriage. We split up, and I headed for California.

"Jobs were plentiful in California at that time, and I was soon working the night shift in an electronics plant. That's when I met Ingrid, at a party. She was quiet, attractive and twenty-four, just the right age. I courted her for six months, and then we married.

"Our first child, a girl, was born nine months after the wedding. It was a sobering event; I felt very insecure about myself and my future. My confidence improved a little when I found a daytime job with the phone company. I made friends there and began spending off-hours with my co-workers at a local bar. I'd try to limit myself to two beers, but *(continued)*

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Can This Marriage Be Saved?

continued

omehow it seldom worked out that way.

"Alcohol loosens my tongue and makes me feel warm and good. When I get home, I like to wake up Ingrid so that we can talk. Then I wake up the kids, which my wife doesn't like because they have school in the morning. Sometimes I telephone my sister in Minnesota (it's about five in the morning there, but she's a good sport. Finally, I sit in the living room with soft music on the stereo, having a final drink and watching the sun come up. Then I'm at peace with the world.

"If it's a Friday or Saturday night, I can then sleep until three the next afternoon. But if it's a workday, I get no sleep at all, and the hangovers are terrible. I feel like a wet leaf—tired, tired, tired. All day long I can't wait to get home and crash. Sometimes I pull the company truck into a park and sleep for a couple of hours. Luckily, I haven't been spotted or I could be fired.

"I'm worried about my marriage. How can I get Ingrid to stay home, away from those bar tramps? She even comes home tipsy. I can stop drinking any time but she's acting like she's hooked. She's neglecting the children, the house—and me. She's not the girl I married!"

INGRID'S TURN

"I hate my marriage. I want out," said Ingrid, a small woman with a high, sweet voice and huge, violet eyes. "I spend my life waiting for my husband, apologizing for his behavior, watching him destroy his family. The children are highly nervous—no wonder, when the least little thing they do sets Norman off. My own feelings are in constant turmoil. Some nights he doesn't come home until dawn, and the minute he's in the door, he starts saying cruel, abusive things. I'm angry all the time—and scared, too. That's not like me.

"At first, our marriage was fine; we had a good sex life and enjoyed being together. But toward the end of my first pregnancy, Norman began getting home later and later. Worried and nervous, I'd watch for him out the window. It reminded me of my mother, who used to watch the road for my father's car. She never complained about Dad's late hours. Until recently I never complained to Norman, either.

"When Norman drinks, his staggering walk, petrified smile and sickening smell are revolting. He's full of loud talk, and when he comes in at those awful hours, he wants instant dinner and instant sex. I feel resentful, naturally, but in the beginning I said nothing and tried to please him. While he was spending a fortune on liquor, I'd scrimp and save and try to make do.

"I've always been a solitary kind of person. I was an only child and overprotected by my parents, who were both forty when I was born. We lived on an isolated wheat farm in Nebraska. During the winter, we were often snowed in for days at a time. I had few friends and no boy in high school ever asked me for a date.

"I learned from my mother to endure life, to take what comes, and to always stick by your husband. That's what I did for the first ten years of my marriage. But enough is enough.

"I've begged and begged Norman to stop drinking. He denies that he has a problem, so when I bring up the subject, he says I'm turning into a nagging wife. I can't get through to him. Once I got so frustrated, I threw a baby bottle at him; another time I tipped over the coffee table. I've even slapped him. Nothing helps.

"When I ask the children to do one thing, he tells them to do the opposite. It's degrading to me and confusing to them. I've never talked to the children about their father's drinking, but once, during one of his three A.M. rages, I opened my daughter's bedroom door and found her staring at the ceiling. She just rolled her eyes at me, wordlessly. She's a timid, withdrawn, nervous child—like me at that age. I hate seeing myself in her.

"My son Scott, on the other hand, has more spirit than I can handle. For the first three years of his life, I hated him—I really did. He's just like his father, full of questions and backtalk. Fortunately, he's learned a little discipline in school. Scotty gives Norman no trouble whatsoever; in fact, he's pathetically eager to please his father. I don't know why. Norman is mean to him, and often breaks promises.

"What I've finally learned is that I can never count on my husband. During the past year, I've started going to the local bar, too, on the nights that Norman is sleeping off one of his hangovers. After a few drinks, I begin to feel liked. It's a kind of fantasy world at the bar. No one to make demands on me, or to pass judgement—just sympathy and friendship.

"One night recently I didn't get home until late. Norman and I quarreled violently, and finally I told him to get out of my life. The trouble is, how can I manage? I've been a housewife for eleven years. I'm thirty-five years old, with no skills, no goals, no sense of direction—and two small children.

"I may look young on the outside, but inside I'm getting old, old. Life is passing me by. I'm ready for an affair."

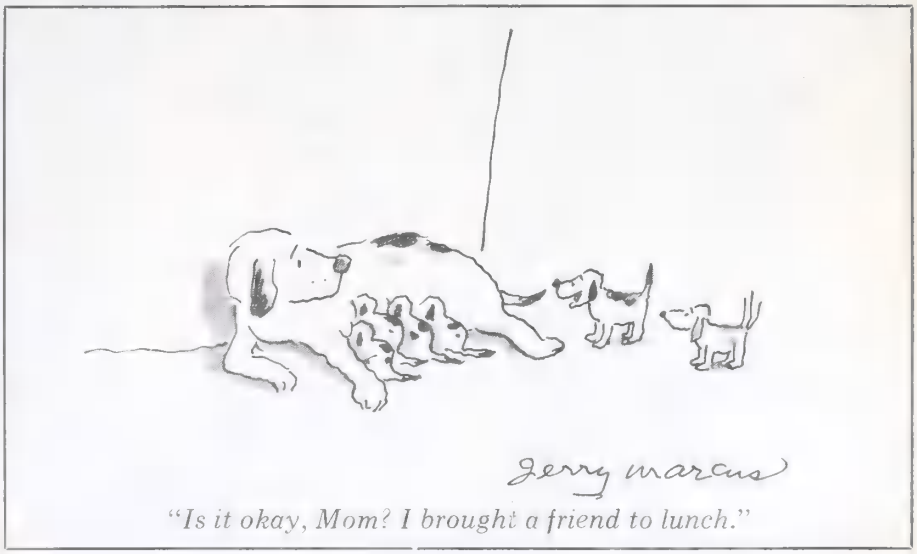
THE COUNSELOR SPEAKS

"It was clear that Norman had been a highly abused child. The scoldings, angry beatings and solemn moralizing of his father convinced this active, curious young boy that way down deep he was 'bad'. Invariably, Norman felt a continuing need for self-punishment. He complained about his anxieties at work, how uncomfortable he felt in social situations and how difficult it was for him to relax, not recognizing the source of his feelings, a sense of worthlessness.

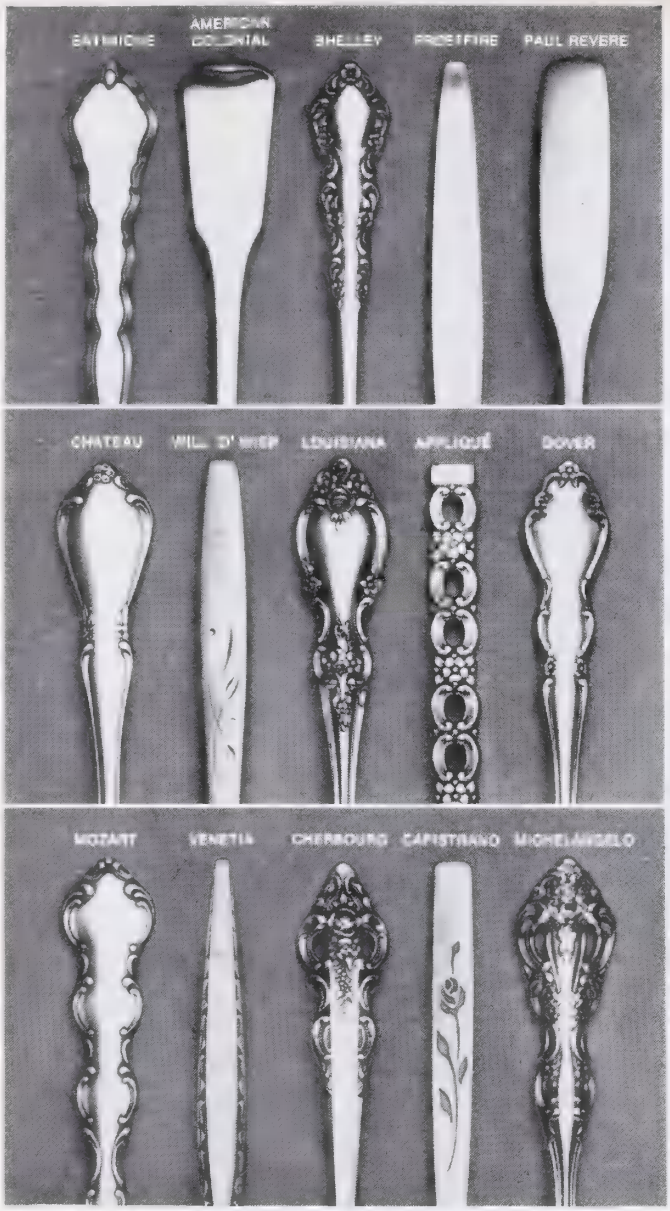
"Ingrid, on the other hand, had been an overindulged, overprotected child. She had to learn to make demands on herself, to accomplish things, and to limit her extreme dependence on others.

"Almost a third of the couples who come to me with marital troubles have a drinking problem, often unrecognized. I've found that their ability to communicate, to relate, to feel good about themselves and each other, is significantly improved when the drinking stops.

"But most counselors have great difficulty treating alcoholism, as I did until I hit upon the idea of asking men with drinking problems to sign legal contracts promising not to take a single alcoholic drink for a period of three months. At the same time, I ask them to make out a check to their wives to be *(continued)*



"Is it okay, Mom? I brought a friend to lunch."



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Can This Marriage Be Saved?

continued

forfeited if they break the contract. Most wives will say, 'O money won't make my husband stop drinking,' but I hav never had a client break the contract if the price is hig enough. In Norman's case, I asked for a $500 check, mad out to Ingrid, which I kept in my possession. I have aske other men for sums as high as $11,000.

"I told Norman that during the first three weeks of sobrie he could expect to feel severe withdrawal symptoms, an indeed, Norman's hands were shaking uncontrollably durin that entire time. But his pride prevented him from acknow edging his discomfort since he had always steadfastly denie he had an alcohol addiction.

"After a month, I saw a marked change in him. He bega to relax, and was far less tense. At the same time, Ingr stopped saying, 'I can't bear to have him touch me' and sai 'I want to respond to him, but I can't.' That indicated to m that a small spark of love remained.

"I asked her to rub her hands together very gently and t tell me what she felt. She said, 'Nothing, just skin.' She ha completely shut down her feelings. I told her I wasn't pus ing her to be in love with her husband, but that I wanted h to be in love with her own body in a healthy way. After few months of therapy, she started liking her own bod again. Before long she began to enjoy having Norman like i too, especially when he became less rough and demanding.

"It was crucially important to them both that Ingrid sto being a doormat. After attending a number of group therap sessions, she learned to stand up for herself and to accept r sponsibility for her own actions. She told Norman that if h ever took a drink again, she would leave him—and he believe her.

"I often find that alcoholics are very pleasant people whe sober, but they don't know how to deal with pressure. So aft Norman stopped drinking, it was necessary to teach him an Ingrid how to blow up at each other periodically in a stru tured, constructive way. They had to learn how to expre anger and then how to kiss and make up.

"Norman, now off alcohol for six months, is amazed at h newfound energy. He spends his evenings at home with th family; Ingrid is content to be there, too. He has regained h wife's respect; the children are happier and far more relaxe This summer the whole family is taking a month-long cam ing trip in the national parks. They're all keenly anticipatin their first family vacation together—ever." **En**



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Spending Your Money

Sylvia Porter

These are the times that try families' souls—by taxing their pocketbooks. Read what the Journal's famed money-management expert has to say about ways to save on your 1977 income tax.

We've computed our total 1977 income. Should we use the IRS Tax Tables to find how much tax we owe—or would we be better off making all the computations ourselves?
Use the Tax Table that applies to you. It's easy and, in fact, these tables are among the most important simplifications made in the tax laws last year. The IRS Tables automatically give you the benefit of: 1) a flat standard deduction, now officially called the "zero bracket amount"; 2) the general credit of $35 per exemption deductions or 2 percent of your taxable income, up to $180, whichever is larger; 3) the total of your $750 exemption deductions, without your having to do any of the computing.

What are the most common errors taxpayers make, so we can check them out before we mail our return? I had to undergo an audit of my 1976 return because I made a mistake in transcribing my Social Security number!
The IRS says these are the most common mistakes: 1) Failure to attach all your W-2 forms; 2) Incomplete address or incorrect Social Security number; 3) Failure to check the correct blocks indicating your filing status; 4) Incorrect checking of blocks for your personal exemptions or listing of your dependents; 5) Incomplete listing of itemized deductions; 6) Listing income, deduction, or tax items on the wrong line; 7) Failure to sign your return.

I piled up a lot of automobile expenses traveling to and from my doctor's office during a serious illness last year. Can I deduct those car costs and how do I figure them?
Yes. You can claim a medical expense deduction of 7¢ per mile. If you want to do it the easy way, simply figure out the total miles you drove for medical purposes and multiply the total by .07. Say you drove 1,200 miles last year for medical reasons; your deduction as a medical expense is $84. If you wish to claim your actual car expenses, the computation will be much more complicated and you will not be able to include depreciation on your car as a medical expense.

I've been taking care of a dear friend who has been out of a job and in bad financial-emotional shape for more than a year. She is living with me until she can get back on her feet. Can I claim her as a dependent?
Yes, you may claim a non-relative as a dependent if during the year her gross income was under $750; if you furnished more than half her support; if she used your home as her principal place of abode; and if she was a member of your household throughout 1977. She wouldn't be disqualified even if she was temporarily absent from your home because of illness, vacation or similar reasons.

We pay our housekeeper a flat monthly salary and give her board and lodging as well. She has no other income outside of what we pay her. Can we claim her as a dependent?
No. She worked for her support. You paid her for her work and did not merely furnish her support.

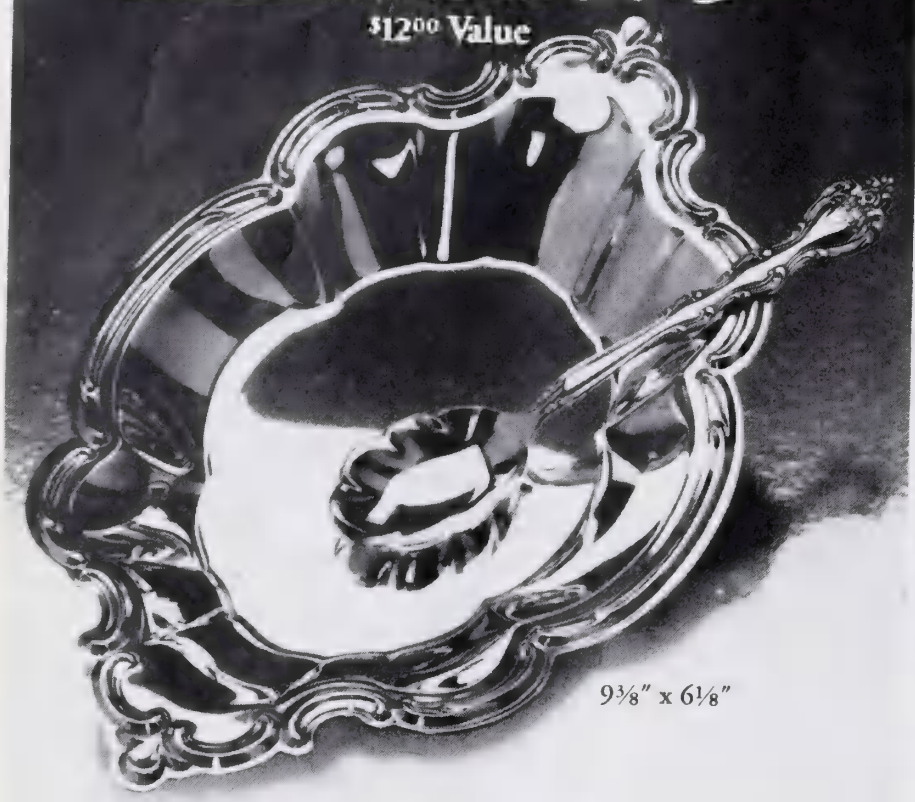
All the 1977 income my husband and I earned came from salaries, and we didn't have a big enough savings account to earn much in interest. Together, our salary income came to a total of $32,000. Can we still use Short Form 1040A, which we want to do?
Yes, you can use the Short Form 1040A if your 1977 income consisted only of wages, salaries, tips, etc.—no more than $400 in dividend income and no more than $400 of interest; if you don't want to itemize your deductions; and if your total income is $20,000 or less, or $40,000 or less if you are married and filing jointly.

When I started to make out my 1977 tax return, I discovered to my horror that I had omitted several important deductions on my 1976 return, deductions to which I was clearly entitled. Can I correct this—or is it too late?
You can correct it, it's not too late! All you need do is get Form 1040X from your local Director of Internal Revenue. The 1040X is a simple, one-sheet form that just asks for the change which would cancel your error. Fill it out and file it. The IRS says this won't automatically flag your return for an examination. The IRS simply will review your original return plus the correction you file on Form 1040X just the way it would have reviewed your return if you had originally filed it correctly.

My husband died in 1976 and since we had always filed joint returns, I continued to do so for that year's income. But now what's my status? I haven't remarried, I own my home and maintain it as the principal residence for myself and my teen-age dependent daughter. *(continued)*

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Spending Your Mone

continued

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Which maternity expenses are N deductible—and which are?

NOT deductible are the costs of yo maternity clothing or of antiseptic diag service. Also *NOT* deductible is the pense of a practical nurse to care for healthy baby, even if the baby's ov mother died in childbirth. Deductibl are: physicians' bills, hospital bills larg than insurance coverage, if any, inclu ing use of the delivery room, X-ray, et dentists' bills; registered nurse; labo tory tests; special equipment and su plies (invalid chairs, arches); "sto services," such as an ambulance to a from the hospital; travel expenses volved in getting medical care; medic treatments, such as blood transfusion

I'm counting on my canceled check to prove that the contributions made to our church during 197 were bona fide. Is that okay?

Not necessarily. Many of your paymen may have been used for non-charitab purposes and will not be accepted bona fide deductions. For instance, your church organized and sold ticke to benefit theatrical performances, tour etc., your deductible charitable contri bution for these events is not the fac amount of your checks but only the ex cess of the amount you paid over the fa market value of what you received. Fo instance, if you made out a check fo $100 to pay for benefit tickets normall worth $50, your contribution deductio is only $50. If your return is examined the IRS well may ask you to back u your deduction by furnishing a statemen from your church showing the date, pu pose and amount of your contribution Have your records at hand (always kee them!) to prove you made a bona fid contribution. If you don't have this proo now, try to get it as soon as you can.

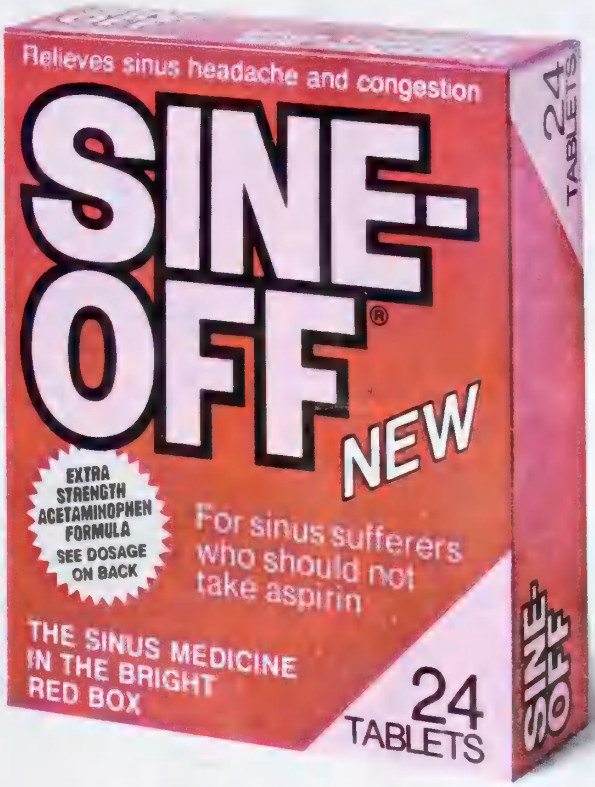
After I remarried, my former husband voluntarily made an additiona alimony payment to me. It wasn' required by our divorce decree, i was in the nature of a wedding gift Must I report this as income?

No. He made this payment to you with out any legal obligation to do so. H cannot deduct the payment and you don't have to report it as income. **End**



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Stella & the Shaggy Dog

We all get the notion that animals are smarter than people. But sometimes they aren't. An amusing short story by Will Stanton.



It was the summer we were living at Manderley. My mother had named it as she had named all our houses, according to whatever book she was reading at the time we moved. The one before, with the veranda that leaked, was Tara and before that Toad Hall out by the tannery.

My brother Amos was 10 that year; which would make me 13. My older brother, Murphy, was 18 and played the saxophone in a band.

The twins, Maxine and Ramona, had just turned 16 so they had their driver's licenses and would have done anything to have a car of their own. Anything.

In addition to the family there were Brewster and Stella. Brewster was a fairly famous Old English Sheepdog belonging to old Mrs. Armitage from up the hill and named after her late husband. She gave him to us to keep while she was in Europe.

Stella, our cousin, was 24 and had been living with her parents in a little town upstate. She had come down for a visit, found a good job with some travel company and stayed. We had plenty of room and were glad to have her. She was a slightly built girl with a husky voice and freckles. Amos and I were crazy about her. She was something. We went to a lot of places the three of us. Fort Trevor, the Mystic Caverns, a trolley car museum, a candy factory—I couldn't name them all. You wouldn't expect a good-looking girl to want to go to places like that with a couple of kids—but Stella did. She enjoyed life—any kind.

Her one problem seemed to be that she wasn't able to keep a boyfriend. I don't think she regarded this as a problem, but my mother did. As she remarked somewhat ominously to my father, Stella wasn't getting any younger. My father said he knew. My mother said he certainly didn't act like it. My father said there were three billion people in the world and none of them were getting any younger. My mother said that instead of worrying about all those foreigners he might better think about his own household. My father closed his eyes.

"Why she can't find a steady fellow is beyond me," she said. "It's not as if she didn't have plenty of chances. There was Howard and Vaughn and Lenny and I forget who else."

If there was one thing they all had in common it was their forgettableness. Howard Bowers was the classic nonentity. He had been at the house quite a bit before Stella stopped seeing him and then it was two weeks before anybody noticed he wasn't around anymore. Vaughn walked like a duck. Lenny I don't recall.

My mother felt very keenly her responsibilities as senior female relative and matchmaker. "We'll have to see what we can do," she told Stella, "there's no reason you can't meet some nice young men."

The trouble was, as my mother said to my father, that Stella's charms were not obvious and men were always looking for the obvious. My father said he wasn't. No, my mother said, because he could never see it. My father swore under his breath.

It appeared to me that Stella was perfectly happy the way things were and certainly Amos and I were. A steady boyfriend would have meant that much less attention for us. I wished my mother would tend to her own affairs and stop rocking the boat. Then Calvin turned up.

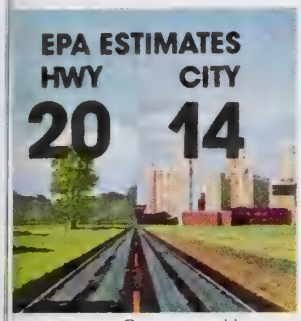
He made things out of concrete and Stella had met him at the airport, where he was making something—a ramp or a runway. Something concrete. He was nice, she said, and she thought he liked her. My mother said, oh? Yes, Stella said, he had taken her to lunch. My mother asked if they'd gone to a nice place. Stella said it was a hot dog stand at the airport. My mother said she was sure it was a nice hot dog stand. Oh, my lord, my father said.

I didn't think Calvin sounded like much and he certainly didn't look like much when he showed up. Medium height, slim, dark-haired, dressed in old khaki pants and scuffed boots and carrying a large brown bag. "Candy for Stella," he told *(continued)*

Illustration by Ray Cruz

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Stella & the Shaggy Dog

continued

my mother. She said how nice, Stella would be down in a minute, and led him into the parlor.

My mother asked Calvin if he lived by himself. "Pretty much," Calvin said. It turned out he had an apartment on top of an old warehouse where the firm kept its trucks and heavy equipment.

"You act as sort of a watchman?" my father asked. "Keep things from being stolen?" God, no, Calvin said.

"Days I'm not there and nights—well, nights they could drive away with the whole works and I'd never notice."

Stella came in. "Never notice what?"

"Just telling about my apartment," he said, "what a joint it is."

My mother smiled. "Probably just needs a woman's touch."

Calvin shook his head. "No," he said, "that didn't seem to do it."

The twins came in then. Maxine spotted the bag of candy and Stella told her to help herself. My mother told them to pass it around and let each person take a piece. Calvin said put the box on the table and throw the top away. I looked at Amos and Amos looked at me. We could sense somehow that Calvin was our type of person.

My father said, "You know, I can't see why you have to live in such a shabby place. Can't you get the owners to do something about it?"

Stella laughed. "Not a chance," she said. My father wanted to know why not. She said, "Because Calvin owns it." It seemed that Calvin owned the whole company.

My father asked how business was. Calvin said fine. My father said he had heard there was a lot of graft in the construction game. Calvin said he'd have to be right. My father wanted to know what you could do about it. Pay it, Calvin said. My mother said she didn't know what the world was coming to. Have another piece of candy Calvin told her.

We had just about finished the candy when Brewster came up on the porch and Amos let him in. The dog walked across to where Calvin was sitting and stopped and started to growl, a deep threatening rumble. A cannon blast wouldn't have been more startling. We tried to shush him but he wouldn't stop and had to be dragged out.

"Seems kind of unfriendly," Calvin said. He was the only one who was embarrassed.

"But he isn't," my mother said. "He never growls—not at nice people."

My father stepped in to straighten things out. "What she means is that the dog seems to have a special insight into people's character. Present company excepted of course."

Calvin couldn't see what there was to get worked up about. If the family had taken a dislike to him, sure. But a dog. He was right, of course. Still . . .

Mrs. Armitage, Brewster's owner, firmly believed that Brewster was clairvoyant, a shrewd and infallible judge of character. She would have left him with her caretaker, except that Brewster disliked him. "Taylor is a horrid man," she'd said, "and the dog knows it." My mother had asked if he was such a bad man why didn't she get rid of him. "Have you tried to hire a caretaker lately?" Mrs. Armitage had asked in reply. My mother in all seriousness said no.

Brewster was very friendly and very patient. He had a two-inch stump of a tail that he would wag as if it were a three-foot plume. He would stand by the door for half an hour until somebody opened it, and then chances were he would try to walk through the wrong side. He fell off the front porch more often than most dogs. We all liked him and it seemed that he liked everybody.

Murphy was forever bringing home some lost soul he had found in a dog way and Brewster would greet him like an old buddy, which pleased my father no end. "No question the dog's clairvoyant," he would say, "great judge of character. Can spot a bad one a mile away."

Then, to the surprise of everyone except my mother, the dog did spot a bad one—two of them in fact. *(continued)*



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ALPHA-BITS® SPELLS FUN AT BREAKFAST

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Stella & the Shaggy Dog

continued

They were salesmen and appeared a few days apart, each offering some kind of shady deal. Each time the dog set up such a commotion that the man left before my mother, the fastest pigeon in the Middle West, could be taken in. As it turned out, both men were known crooks.

My father was skeptical. "A couple of strangers coming to the door, naturally the dog barks." My mother stated that strangers were coming to our door all the time. My father wasn't convinced.

Then, one Friday evening, Murphy brought home an acquaintance who was unsavory even by Murphy's rather relaxed standards. Brewster thought the acquaintance was bread and gravy. My father was in a bad mood anyway. He'd been attempting to mow the lawn and the mower had been quitting every few minutes. He had reached the point where he'd stopped swearing at it—always a bad sign.

The next morning the friend turned up missing and so did the mower. It gave my father a certain grim satisfaction. "Don't see how we ever got along without the dog to protect us."

My mother tried to smooth it over. "You said yourself the mower was a piece of junk."

"Certainly," he said. "Any burglar would have to be feebleminded to steal it. But since when did Murphy ever have a friend who was good at anything?"

A couple of hours later, lo and behold, the friend was back and so was the mower. All tuned up and running like crazy. He had taken it to some mechanic who had a hobby of restoring the irreparable. My father was too stunned to say anything.

That wasn't all. Brewster loved to chase cats. Say "kitty kitty" and he would jump up from a sound sleep and peer wildly about. One day my father was at the window and mentioned that the neighbor's cat was in the yard and the dog bounded to the door whimpering. The next time my father spelled it. "There's that C-A-T," he said, and quickly the dog was at the door.

To my mother this was ample proof that Brewster could spell. My father said nonsense, but he wasn't cocksure about it. One last thing—

Brewster dearly loved to ride in the car. He would keep his head out the window with the wind blowing the fur back from his eyes. It was the only time he got a good look at anything.

He seemed to know when my father was going to take the car and he would prance all around, which delighted my father. "You really like to go out with the old man, don't you?"

"He knows you're going to take the car," my mother said. "Otherwise he wouldn't have gotten up. I've been noticing for the past week."

Poppycock, my father said, balderdash, and he went back to the couch. After a moment the dog went back to his corner and lay down.

"I don't believe I'll go to the store," my father said, getting up, "I believe I'll go out and look at the garden." The dog heaved a sigh and made swallowing sounds, no doubt dreaming of large platters of food. Mashed potatoes with plenty of pork gravy was his favorite. "Yes, sir," my father continued with false heartiness, "going out there and have a nice look at those tomatoes and beans. Have a dandy walk through the sweet corn." He went stamping across the floor inches from the dog's nose. "Going to have a great walk around the yard, see all sorts of interesting things." His voice had risen almost to a shout and still no sign of interest from Brewster.

Of course my father's whole argument was that Brewster was an ordinary dog who wasn't clairvoyant and couldn't understand English and yet he was speaking as if the dog could understand every word. Thinking things through was never my father's long suit. Finally he gave up. "Well," he said, "I guess I will drive down and get the paper." Brewster beat him to the door.

It was funny. Once my father accepted the idea that Brewster was out of the ordinary he began to like it. Before long he was convinced that he was the one who had discovered it.

Once convinced, my father got a kick out of showing off our distinguished pet, collecting people from all over. For some reason most people want to believe that dogs have unusual mental ability. Show them a rabbit or a parrot or even a cat that can pick out a crook and they'll laugh in your face. A dog is different. Tell them that faithful old Rover can tell a good person from a bad one—well, this is something they halfway believed all along. It just went to show that Somebody pretty level-headed and down-to-earth was in charge of things up there.

At any rate when Brewster gro at Calvin, it wasn't as if he were an nary dog. After Stella had left with vin everybody started talking at on

Maybe Calvin had been around and the dog could smell it. (Ram idea.) Maybe some bad boys had th stones at Brewster and so he growl the first stranger he saw. (Maxine's i

My mother said it was all a ten in a teapot—a mountain in a mol My father said he had better thin think about and went stomping o the room, the argument still unresol But it didn't go away.

A couple of days later Calvin back and Brewster growled at hi burned me up. Sheepdogs weren tended to be ferocious. Sheepdogs supposed to be bumbling, lovable bl heads. Everybody knew that. Wh the devil didn't *he* know it? Down-g ing a wonderful person—a great pe like Calvin. Those are expressions don't use every day but then you meet a person like Calvin every day never stopped by the house that didn't bring something—smoked sal Persian melons, chocolate from Holl a pineapple the size of a fireplug. was class all the way.

We were talking about him one ning. "I keep thinking of what Ca said about graft," my mother said. " don't suppose that's what the dog jects to?" My father rolled his eyes h enward. "Well, what then?" my mo demanded.

"He swears a lot," Amos said.

"Everybody in this family swea lot," my mother said. "And that's not You know it does look like rain."

Stella was in the doorway. "List she said, "if you're talking about Calv faults, why not ask an expert?"

My mother said she didn't even k that Calvin had any faults. Stella that aside from poker and girls horses and liquor and a few other h bies there were hardly any faults w mentioning.

My mother said, "You can't tell that a dog would take such a dislike

(continued on page 2



"We'd like six hundred doggie bags, please."

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THE SUPER-SPA DIET

You don't have to spend $1,200 a week to lose weight the way the rich and famous do. Now the young chef who just redesigned the menu at Maine Chance, the famous Arizona spa, shares his diet recipes—a week of easy, elegant, low-calorie meals. By Rozanne Weissman



Where do the wealthy and well-known go when it's time to tone up and trim down? To Maine Chance, Elizabeth Arden's luxurious desert spa in Phoenix, Ariz., that's as famous as its famous clientele. For $1,200 (and up) per week, guests roam the lush, flower-covered 104 acres and are literally waited on hand and foot by a staff that outnumbers them two to one.

A typical Maine Chance day starts with a light breakfast in *(continued)*

A WEEK OF GOURMET SLIMMING A LA MAINE CHANCE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
Lunch *Mushroom omelet* *Tossed garden salad, *Maine Chance dressing* *Fruit compote* *1 cup coffee or tea*	**Lunch** *Crabmeat with sauce Louise* *1 cup coffee or tea*	**Lunch** **Spinach soufflé* **Diplomat salad* *1 cup coffee or tea*	**Lunch** **Papaya supreme* **High fiber bran muffin* *1 cup coffee or tea*
Dinner *Crepes Elizabeth with fluted mushroom caps* *Garcia salad* **Raspberry purée sherbet, yogurt topping* *1 cup decaffeinated coffee*	**Dinner** *Steak Diane* *Carrots and parsnips Vichy* *Whole string beans* *Chocolate mousse* *1 cup decaffeinated coffee*	**Dinner** **Veal scallopini Marsala with mushrooms* **Baked zucchini squash* **Broiled cherry tomatoes* **Biscuit tortoni* *1 cup decaffeinated coffee*	**Dinner** **Baked stuffed trout* **Salad Belvedere* **Blueberry coupe* *1 cup decaffeinated coffee*
THURSDAY	**FRIDAY**	**SATURDAY**	**Breakfast selections** *(170 calories)*
Lunch *Fresh fruit platter* **Yogurt dressing* *1 cup coffee or tea*	**Lunch** *Poached king salmon, with green sauce* *Spinach salad* *1 cup coffee or tea*	**Lunch** **Cheese soufflé* *Alfalfa sprout salad* *1 cup decaffeinated coffee*	*A bran muffin* and an egg (poached, boiled or scrambled in a non-stick pan without butter or oil).* *Two cups coffee, black* *or* *¾ cup high fiber cereal with 6 ounces skim milk* *Two cups coffee, black* *With both choices one may also have either half a grapefruit or half a papaya with lemon juice, or a melon wedge, or four ounces grapefruit juice or four ounces orange juice.*
Dinner *Roast cornish hen Périgueux* *Turnips and rutabaga purée* *Spiced apple ring with prune* *Lemon junket* *1 cup decaffeinated coffee*	**Dinner** *Roast New York loin of beef* *Baked banana squash* *Sweet and sour red cabbage* *Cherries Romanoff (Bing cherries in yogurt sauce)* *1 cup decaffeinated coffee*	**Dinner** *Consommé Florentine* *Roast leg of lamb rosemary* *Baked tomato* *Spring garden vegetables simmered in white wine* *Pineapple sherbet* *1 cup decaffeinated coffee*	

*Recipes on page 44

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SUPER-SPA DIET

continued

bed. A guest then checks her personal fitness and beauty schedule, which may include a water workout at the pool; mat exercises in the pink, plush gym; a massage, whirlpool bath, heat treatments (sauna, steam or wax), a facial, manicure and pedicure. There's a break for lunch, often served poolside or on the patio overlooking Camelback Mountain. Then, to cap a day of exercise, she sits down to a gourmet dinner in the resort's elegant dining room. Total calories for the day: 900. Sound like a great way to shape up? It is.

The *Journal* thinks everyone should have an equal chance at thinness. And while we can't bring Maine Chance to your doorstep, we tried the next best thing and asked the spa's executive chef, 30-year-old Harris Golden, for his diet secrets. Read all about the Maine Chance philosophy, then pamper yourself with Chef Golden's menus and slimming gourmet recipes that you can follow at home.

If it's Thursday, it must be roast breast of chicken . . .

That used to be the joke around Maine Chance—because the menus never changed from week to week and season to season. Until last year, that is, when Chef Golden and the staff nutritionist totally revamped and revitalized the menu. Gone were most artificial sweeteners, preservatives, additives, processed foods, bland and boring dishes. In were health foods from yogurt to sprouts, a smattering of interesting ethnic selections, new dressings and a gourmet touch with wine, herb seasonings and sauces. The kitchen now goes by "Golden's Rule"—menus must be well-balanced, appetizing and within a 900-a-day calorie limit.

Nutrition: Bulk is important for everyone, but particularly for dieters. It aids digestion and prevents constipation. At Maine Chance, bran is sprinkled on a variety of foods, while other bulk is provided through nuts, stone-ground whole wheat flour and fresh, spa-grown fruits and vegetables. Protein is also important, and Maine Chance favors chicken and seafood as low calorie, high protein sources. Other nutrition ideas: using yogurt instead of sour cream and adding vitamin-rich sprouts to salads.

Counting Calories: Two techniques shave calories—selecting lean foods and ingredients, or controlling portions. Both methods work equally well, and a mastery of the two adds variety to any diet plan. For example, Golden devised low-calorie Maine Chance mayonnaise for use in a cold shrimp salad and in a special fish sauce. In biscuit tortoni, which calls for heavy cream, he use low calorie dessert topping instead. A generally, he substitutes safflower oil the heavier olive oil. In some cases, ho ever, substitution doesn't work. "Tas he maintains, "should not be sacrifice So for Caesar salad dressing, baked z chini and veal scallopini, olive oil used, but guests receive small portio

Portion control works for desse too. Maine Chance dieters enjoy desse with dinner, but ones that are low calories and small in quantity. Sampl fresh peaches, iced raspberry pu biscuit tortoni, chocolate mousse, jun and puréed fruit, blueberry coupe, fr strawberries—all topped with a spoor of yogurt. (Frozen yogurt with fi topping is a new favorite.) On Saturd night, the end of a week's stay, gue can sample Golden's more fattening c coctions. But only a sliver. Why pres such a temptation at all? As the staff plains, dieters will have to be arou food when they leave Maine Chance a they must learn either to pass up or t only tiny portions of fattening foods.

Appeal: In devising his menus, Gold strives for diversity and eye appeal. diversity, he mixes hot and cold dish soft and crunchy textures; varies co combinations, and changes the me frequently. Some of his offerings: v scallopini Marsala with mushroo baked zucchini stuffed with Parme cheese, broiled tomatoes, eggplant P mesan, cheese soufflé, spinach sou with bran, nuts and whole wheat flo Or, oriental choices of chicken cucum soup, shrimp teriyaki, bean sprouts a snow peas, brown rice, Formosa oolo tea, pineapple, papaya and gelatin. seafoods such as crab legs with sa Louise, baked stuffed trout, or co whole salmon with green sauce.

"More people," Golden notes, " with their eyes rather than their ta buds." So food must taste delicious a look delicious, too. Table settings Maine Chance contribute to the eye peal: lovely china, crystal finger bo with floating flower petals, floral lin tablecloths and centerpieces of fr flowers and candles. Amid all this e gance, diners quickly forget they dieting.

Golden, a former fat child, clai "Anyone can lose weight if they w to." All it takes, he says, is a good kno edge of nutrition, calorie-counting pertise and a commitment to char poor eating habits. Consider Golde advice, then try his tempting recipes.

A 900-calorie day in the life of a Ma Chance dieter

7:30 a.m. *Breakfast in bed.*

11:00 a.m. *Poolside snack.*

*Potassium broth, 4 ounces

1:00 p.m. Maine Chance lunch, for those who want to further calories and enjoy the sun—butterm or cottage cheese *(continu*



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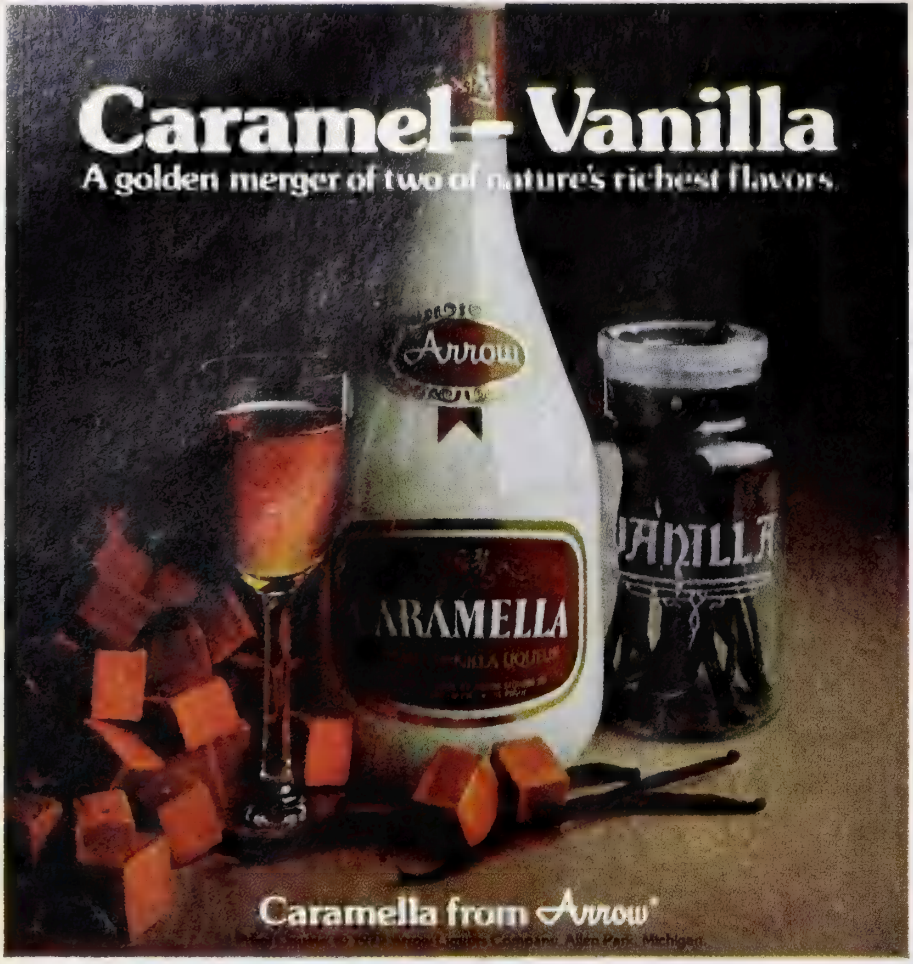
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SUPER-SPA DIET

continued

3:00 p.m. *Poolside snack*
Freshly squeezed grapefruit juice, 4 ounces

5:00 p.m. *Tea on the terrace*
Hot tea with lemon and sometimes honey

6:30 p.m. *Health cocktails*
4 ounces juice (watercress, tomato, strawberry or vegetable)
Thinly sliced vegetables with Vege Sal

7:00 p.m. *Dinner*

POTASSIUM BROTH

19 calories per 4-ounce serving

1 bunch carrots, unpeeled
6 parsnips, unpeeled
2 large onions
1 bunch parsley
3 leeks
1 whole celery stalk
4 beef bouillon cubes, crumbled
3 egg whites, beaten
1½ tablespoons Vege Sal*
Lemon slices, for garnish

Wash vegetables well. In a large pot, bring 10 quarts water to a boil, add vegetables. Simmer 3 hours. Add bouillon cubes, stir. Strain and cool.

Add beaten egg whites to strained broth. Bring to a boil again to clarify. Add Vege Sal. Strain through a cheesecloth or kitchen cloth. Serve hot with lemon slices. Makes 5 quarts. Store unfrozen in refrigerator for up to one week.
*NOTE: Vege Sal is available in health food stores, or you may substitute seasoned salt.

MAINE CHANCE SALAD DRESSING

17 calories per tablespoon

⅔ cup chicken consommé
⅓ cup safflower oil
⅓ cup tarragon vinegar
1 teaspoon Vege Sal
1 teaspoon dry mustard
3 egg yolks
2 bunches watercress, chopped with stems removed
1 bunch parsley, chopped with stems removed
8 shallots
1 teaspoon Worcestershire sauce

1. Put all ingredients in blender to make a smooth, creamy dressing.
2. Add 1 large tablespoon ice water if dressing is too thick.
3. Store in refrigerator in jar. Shake before serving. Makes 3 cups.

RASPBERRY PURÉE SHERBET

50 calories per serving

4 cups raspberries, frozen or fresh
Plain yogurt, for garnish

1. With wooden mallet, press whole fruit and juice through strainer.
2. Freeze strained raspberries and juice.
3. Spoon one-ounce portion into chilled stem cocktail glasses.
4. Serve with ½ teaspoon yogurt on top. Makes 6 servings.

SPINACH SOUFFLÉ

225 calories per 1¼ cup serving

4½ tablespoons margarine
5½ tablespoons whole wheat flour
2 tablespoons minced shallots
1½ cups skim milk, heated
1 cup blanched, chopped spinach, well-drained
¼ cup slivered almonds
***1 tablespoon bran (optional)**
¾ teaspoon salt
⅛ teaspoon pepper
Pinch of nutmeg
5 egg yolks
8 egg whites
¼ teaspoon cream of tartar
Whole wheat bread crumbs

1. Preheat oven to 400°F. Grease a 8-cup soufflé bowl with 1 tablespoon of the margarine, then dust the bowl with 1 tablespoon of the flour. Turn bowl upside down to remove excess flour.
2. Sauté minced shallots in remaining margarine until soft.
3. Add remaining flour to shallots and cook over a low flame for a few minutes, stirring to avoid lumps.
4. Add hot milk. Stir until mixture begins to boil and thicken.
5. Add spinach, almonds, bran, salt, pepper and nutmeg. Beat in the egg yolks one at a time.
6. In a mixer set on high speed, beat the egg whites until foamy. Add cream of tartar and continue beating until egg whites are stiff and hold their shape but still have a velvety appearance.
7. Fold spinach mixture into beaten egg whites.
8. Pour mixture into soufflé bowl, top with bread crumbs. Set soufflé bowl in pan with one inch of water. Place pan in the middle rack of the oven. Reduce temperature and bake at 375°F. for 35 to 40 minutes. Serve immediately. Makes eight servings.
*NOTE: For a moister soufflé, omit bran.

DIPLOMAT SALAD

17 calories per tablespoon serving

¼ cup fresh pineapple
¾ cup skim milk cottage cheese
Lettuce
Tomato wedge

Mince a small amount of the pineapple and add to the cottage cheese. Serve cottage cheese on a bed of lettuce with the tomato wedge and remaining pineapple.

VEAL SCALLOPINI MARSALA WITH MUSHROOMS

200 calories per serving

1 pound veal cut into ⅛-inch to ¼-inch thick slices
Salt and pepper
Safflower oil*
2 cups sliced mushrooms

(continued on page 154)

Quick! Send one dollar and get this Famous-Name Face Makeup Collection plus a sparkling Butterfly Necklace Free!

with Quiz below

Butterfly Group℠

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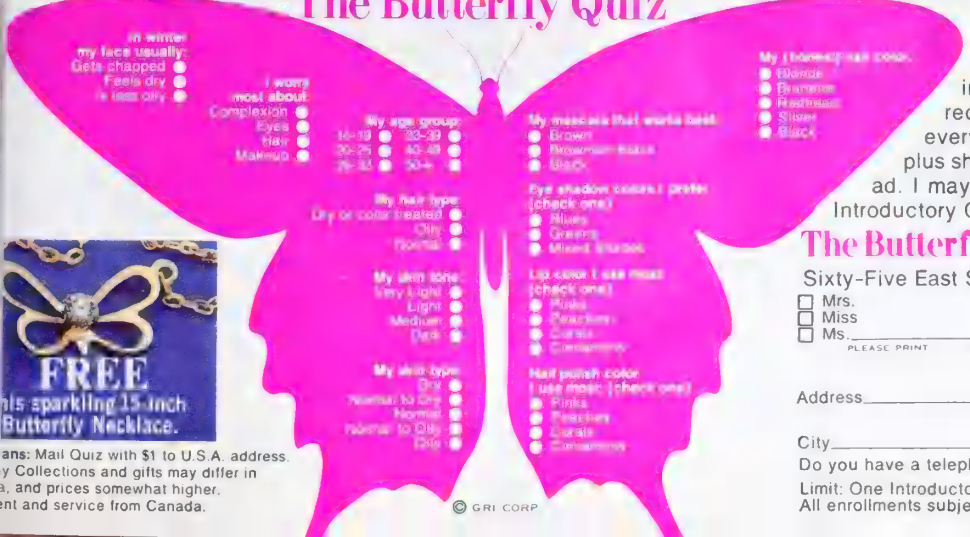


Yes, Cachet! Your Butterfly Collection includes Cachet by Prince Matchabelli—the fragrance as individual as you are! (And wait till you see the famous name on the cosmetics in your Face Makeup Collection!)

8. Once you see the change in your appearance, once your friends start remarking on your fresh new look, you'll bless the day you mailed your Butterfly Quiz™.

Why this exceptional offer?
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The Butterfly Quiz™



ans: Mail Quiz with $1 to U.S.A. address.
y Collections and gifts may differ in
a, and prices somewhat higher.
ent and service from Canada.

☐ Here's my dollar. Please accept my enrollment and send the Face Makeup Collection—plus FREE Butterfly Necklace—plus Metamorphosis, your beauty instruction guide. I understand that I will receive future Butterfly Collections about every two months on approval for only $5.98 plus shipping and handling, as described in this ad. I may cancel at any time after examining my Introductory Collection.

The Butterfly Group from World of Beauty®
Sixty-Five East SouthWater, Chicago, IL 60601 H747

☐ Mrs.
☐ Miss
☐ Ms. _____
PLEASE PRINT FIRST NAME LAST NAME

Address _____ Apt. _____

City _____ State _____ Zip _____

Do you have a telephone? ☐ Yes ☐ No

Limit: One Introductory Collection per Household.
All enrollments subject to acceptance by The Butterfly Group.

Trees and You

Ralph Nader

Trees are a beauty of nature that provide shade, serve us ecologically —even increase home values. So why don't towns and cities do more to see that trees grow and prosper?

Naturalist John Muir once said that God had saved trees "from drought, disease, avalanches and a thousand strainings . . . but He cannot save them from fools." By Muir's reckoning, we have far too much foolishness nowadays. Arbor Day is a distant memory in many states, and urban stresses are diminishing our precious tree population. So it is important for us to keep in mind the ways in which trees contribute to our homes and communities.

Probably the most valuable service trees provide is ecological. An acre of trees produces enough oxygen each year to keep 18 human beings alive, while contributing to a balanced climate by absorbing carbon dioxide. And a mature tree transpires about 100 gallons of water a day—the cooling equivalent of five air conditioners of 10,000 BTU's each, running 20 hours a day.

Besides cooling the air through their moisture and shade, trees help filter smoke, dust and odor out of the atmosphere. In experiments, some species of trees have even helped absorb ozone and sulfur dioxide. Noise reduction is another plus not lost on highway planners or residents along roadways. And, of course, we all know some trees give fruit—apples, pears, oranges, etc.

Everybody appreciates the aesthetic relief that trees offer. What many people don't realize, however, is that their trees also have a value. A recent survey of realtors in Chicago, Denver and northern New Jersey indicated that attractive trees and shrubs around a home can add about $1,500 to its value.

If your trees are damaged, you may be eligible to collect a casualty loss from your insurance company or deduct the loss from your federal income taxes. Generally, the damage must have been caused by an identifiable event of sudden, unexpected or unusual nature: mishaps that might come with wind or ice storms, lightning or floods, or accidents such as a car running into a tree. In any case, it is best to have some photos of any valuable trees on your property, since the insurance company and the Internal Revenue Service may ask for "before and after" pictures.

With all these benefits—aesthetic, environmental, monetary—it's easy to rhapsodize about the blessings bestowed by trees. Who could not share Longfellow's appreciation of ". . . the spreading chestnut-tree" and Joyce Kilmer's conviction that he would never see "A poem lovely as a tree." Amid avenues of concrete and towering buildings, trees in cities are about the only reminder we have that there are some things man cannot make. Or as Kilmer put it, ". . . only God can make a tree."

Keeping trees alive is another matter. "It borders on the miraculous," say Thomas S. Elias and Howard S. Irwin of the Cary Arboretum of the New York Botanical Garden, "that any tree can occupy an environmental niche as hostile as a city street." They point out that trees have been on earth about 100,000,000 years; cities have been around for only 10,000 years—and industrial metropolises are a phenomena less than 200 years old.

It's not surprising that trees have a rough time in cities. A tree that can't stretch out its roots without running into cement or asphalt can asphyxiate. The city soil often has few nutrients and is dangerously compacted. If support collars are kept on a young tree too long, it can literally strangle to death. Utility companies usually prefer to cut down trees that grow too tall or that "interfere" with telephone lines, despite the trees' value to a neighborhood.

Bikes, dogs and salt

As if all this weren't enough, trees are regular victims of various passersby. Bicyclists like to chain their bikes to trees, sometimes chipping the bark off and laying the tree open to disease. Litter sometimes gets so matted up with fallen leaves and twigs that water cannot penetrate the soil. Dogs who use trees as fire hydrants can ruin the bark and make the soil ten times saltier than is already considered harmful. And in the winter, road salt is splashed into the tree's soil by passing cars, weakening or killing the tree. (A non-toxic salt is available, although it is more expensive than regular road salt. But non-toxic salt can actually promote plant growth in the spring.)

Certain trees have been bred to withstand many of these urban indignities. The London plane tree (Plantanus acerfolia), the Norway maple (Acer platanoides) and the male ginkgo (Ginkgo biloba) are probably the three most common street trees in the Northeast today. Botanists warn, however, that a town should invest in a range of different tree species so that it won't be as hard hit by any disease that might arise. The Dutch elm disease decimated the entire tree population of many towns several years ago. Disease or no disease, few urban trees can avoid the many hostilities of thoughtless humans.

Muir believed "only Uncle Sam" could help. Besides offering good tree maintenance, your town government could in fact consider something the New *(continued)*

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Ralph Nader Reports

continued

York City Parks Department started—a matching funds system to encourage city neighborhoods to raise money to plant trees. A pilot federal program may soon do the same, if the Forests Subcommittee of the House Agriculture Committee supports it.

Because government assistance programs get moving only if citizens do, some of the most effective support for trees has come from individuals. John Chapman, better known as Johnny Appleseed, was one of the earliest tree crusaders. He was said to be responsible for the thousands of apple orchards that dot the Midwest.

Another example of early American tree planting was the Wolcott brothers of Litchfield, Conn. Around 1790, Oliver Jr. and his brother Frederick started planting young elm trees throughout their town in an effort to restore some of the green splendor that the town had enjoyed before the sawmills and iron works came in. At first, townspeople complained that the Wolcotts were bringing back the forests that had just been cleared away. But nowadays Litchfield residents take pride in their majestic, tree-lined thoroughfares few other towns can match.

Today, Frank Vaydik does his part for Kansas City. He is the city's parks and recreation director. Not only has he planted thousands of trees and flowers in the city's parklands, but he's expanded its acreage from 5,700 to 9,500 acres over the last 13 years. Vaydik's dream is to establish a park or recreational facility within a half-mile of any of the city's 530,000 citizens. With an annual budget of $10 million, 600 employees and widespread citizen support, Vaydik's department has made great strides toward that goal.

Teacher's hobby helps

Jac Radoff, a social studies teacher at the Bronx High School of Science in New York City, carries on this same tree-nurturing passion in his own way. He decided that New York's 2.6 million trees (600,000 of them on streets) needed more help than the city's 160 park employees could give. As a civic hobby, Radoff inspected trees around the city and reported any sick or damaged ones to park officials to assist them in their identification.

But Radoff also had plans for getting other citizens involved. He proposed a "trustee" system whereby all the people who lived or worked in a certain area of the city could organize to make sure that their trees received basic maintenance and protection. "People don't know how to take care of trees," Radoff noted. "There is no guidance from the [parks] department, which can't do all the work itself, and when the trees start to die everyone loses interest."

Since city departments cannot possibly know about the welfare of all of their trees, the responsibility for keeping a community's trees alive and well must sometimes rest with informed citizens. First, check to see if your city parks department has a brochure or leaflet advising how citizens can look after trees. If not, suggest that the department get some to distribute to the public.

Several such booklets can be obtained from the city of New York. A pamphlet titled "Tree Tips" provides concise, useful advice and can be received free by writing to the New York Department of Parks, Recreation and Cultural Affairs, 830 Fifth Ave., New York, N.Y. 10021. The Cary Arboretum of the New York Botanical Garden also offers an informative booklet, "Trees and the Community," for $4. The address is Millbrook, N.Y. 12545.

For trees for your home, the U.S. Government offers a booklet, "Selecting and Growing Shade Trees." It is available for 35¢ from the Government Printing Office, Washington, D.C. 20401. And, of course, there's one other thing any citizen can do: plant a tree. **End**

Merit Key Factor In Smoking Shake-Up.

Large numbers of high tar smokers converting to Low Tar–'Enriched Flavor' cigarette.

Confirmed high tar smokers are nding an answer to the dilemma f choosing between good taste nd low tar.

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ngs: 8 mg "tar," 0.6 mg nicotine av. per cigarette, FTC Report Aug.'77
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MERIT

Kings & 100's

Mothering

Geraldine Carro

A special report: how love and attention can raise your baby's IQ. Plus useful tips from other mothers.



MOTHERING MAILBOX

Here's a round-up of advice from some of the best child-rearing experts we know—other mothers. (Please write and send the ideas you'd like to share: Mothering, *Ladies' Home Journal*, 641 Lexington Ave., New York, N.Y., 10022.)

HIGH CHAIR SAFETY—Many times children try to stand up or crawl out of their high chairs and end up falling. To prevent such an accident, I purchased an inexpensive harness in the drugstore. My daughter still has freedom to move around in her high chair, but can't topple out.—*Sandy Piltch, Canton, N.Y.*

PROTECTING THE BABY FROM FAMILY PETS—We were concerned about keeping our two cats out of the new baby's room. But how do you close the door and still hear the baby when she needs you? Our solution: We removed the wooden door to her room and replaced it with a screen door. We also added a simple pull-down shade to block the hall light at night. *Susan Pembera, Washington, D.C.*

BABY-SITTER'S AID—My baby often goes to the homes of friends who help me by babysitting. Inside the diaper bag that always travels with the baby, I've taped a piece of paper. On it are important names and telephone numbers to refer to in an emergency. Listed are the baby's doctor, his grandparents, our home number. Also included is a warning note about the baby's allergies. *Judy Denny, San Jose, Calif.*

MAKING TEMPERATURE TAKING FUN—How do you avoid the fighting and squirming that occurs during temperature taking? When taking a small child's temperature orally, give it a three-minute egg-timer to watch. The child lies still while watching the sand run down. *F. J. Kegler, St. Louis, Mo.*

RAISING A BRIGHTER BABY

The magic moments between you and your child can make a difference in IQ

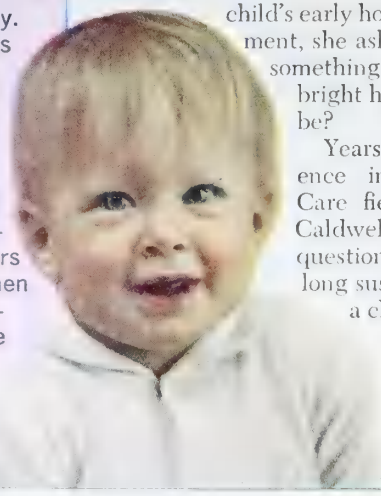
Picture this scene, one that might occur in any household with small children: A rushed young mother is trying to fold the laundry before it's time to pick up her oldest child from school. Just then her toddler sidles up to her and tugs on her skirt in a bid for attention.

At this point, the plot can take several turns: The harried mother loses her temper and shoos the child away/She starts to sort the socks faster, hoping to hold the child off for a few minutes more/She gives the child a hug and decides to leave the laundry for later.

There's yet another solution, the one child development expert Bettye Caldwell hopes might occur to the mother: She can toss the child a pair of socks to explore, inviting him to join her.

Clearly, the child who is greeted with a hug or an invitation to join his mother, will feel more loved. But there's even more at stake in such intimate moments, says Dr. Caldwell, than a youngster's emotional well-being. What happens can affect a child's IQ, too.

While other researchers today are busy showing that intelligence is a matter of genes, Dr. Caldwell has been looking at nurture—not nature. Can a child's early home environment, she asked, tell you something about how bright he or she will be?



Years of experience in the Day Care field led Dr. Caldwell to pose the question. She had long suspected that a child's intelligence had a lot to do with what happened at home.

To confirm her hunch, she began visiting mothers and babies in their family settings. (Since it is mothers who usually spend the most time with small children, she confined her observations to the one parent.) In her visits, she paid little attention to the family's material surroundings, to how rich or poor they were or how fancy their furniture. She looked instead at small moments, at everyday parent-child exchanges like the one above.

How Do You Measure Intangibles Like Love . . .?

The more she looked, the more she was convinced of being on the right track. The problem, of course, was how to measure a child's home environment. How do you measure intangibles such as love, attention or intellectual stimulation?

Eventually, she and her team of researchers at the University of Arkansas came up with their HOME Inventory. (HOME stands for Home Observation for Measurement of the Environment.) The Inventory, she insists, is not a test. "It's a list of 'homey' items," says Dr. Caldwell, a warm, enthusiastic woman, herself the mother of 19-year-old twins. (In 1976, she was named the *Journal's* Woman of the Year in the field of Humanitarian and Community Service.)

During an hour-long home visit, Dr. Caldwell and her colleagues check off the Inventory's 45 "homey" items. They fall into six main categories:

- How responsive is the mother to her child, verbally and emotionally?
- How involved is she with her child?
- As a parent, how much does she rely upon restrictions and punishment?
- Are there appropriate playthings for the child?
- Do a variety of daily experiences take place in the home?
- Is the home well-organized?

Predicting IQ at Three

As she sampled control groups of children, Dr. Caldwell discovered that how a youngster rated on the HOME Inventory at six months and at age two was highly related to how the child scored on IQ tests later, at ages three and four-and-a-half. And by simply administering the HOME Inventory at six months of age, Dr. Caldwell found she could predict with fairly good accuracy which youngsters were at risk for mental retardation. The Inventory scores at six months suggested whether the child's IQ at age three would be low on the Stanford-Binet scale (below 70); low average (70 to 89); or average to superior (90 and above).

(continued on page 158)



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Your Family's Health

David R. Zimmerman

Latest research on diaphragms: Protection depends on the user. Plus, reassurance for the mothers of newborns—and a new cure for the world's worst pain.

DIAPHRAGM PROTECTION. As more and more women worry about the health risks of oral contraceptives and IUDs, there is a resurgent interest in the diaphragm. Certainly, the diaphragm *is* safer. But a new analysis of national contraceptive data indicates that unless used with much care and motivation, the diaphragm is far less effective in preventing pregnancy than the Pill or the IUD. Specifically, researchers at the Office of Population Information in Princeton, N.J., find that 13 percent of diaphragm users become pregnant within one year. This is a far higher rate than two to four percent reported for those who relied on the Pill or IUD. The evidence does suggest, however, that the more carefully the diaphragm is used the more effective it will be.

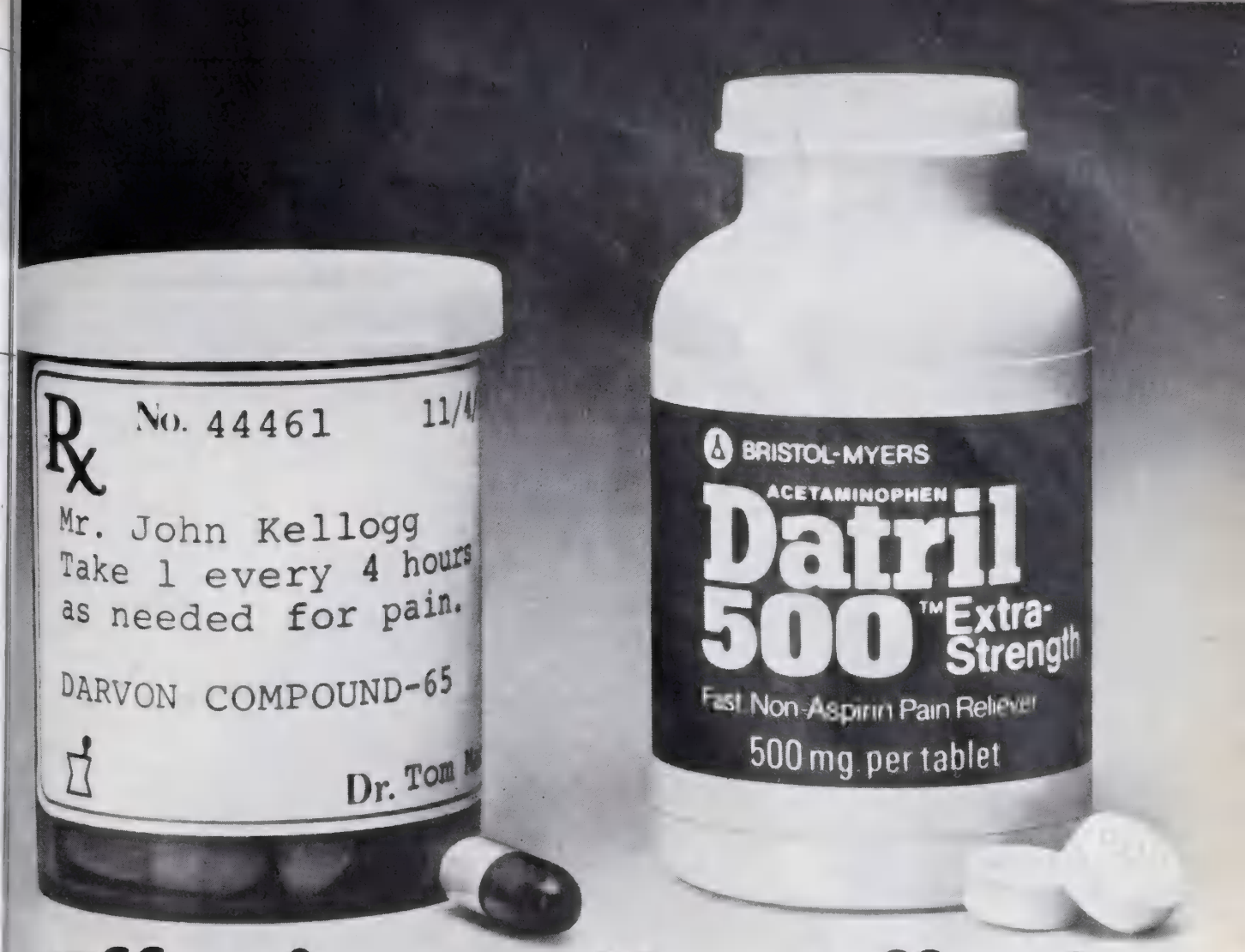
THE WORLD'S WORST PAIN. Both the cause and cure may have been found for the worst non-fatal pain humans suffer. In *tic douloureux* or trigeminal neuralgia, flashes of intense facial pain return again and again and again throughout each day. Half a million Americans' lives are dominated by this tic, or by the related *atypical facial pain*, which is less intense but lasts longer each time.

The cause of both appears to be infected jawbone cavities, most of them tooth root extraction sites, say dentist Eugene J. Ratner, D.D.S., and two colleagues at the Brooklyn V.A. Hospital in New York City.

The cavities are covered by eggshell-thin layers of bone, and so are easy to break into. Inside, Dr. Ratner and his co-workers have found a variety of species of air-shy germs, some perhaps new to science. Antibiotic treatment for periods of a week to several months kills these germs, and cures the pain in most (94 percent) of tic patients, and in two-thirds with the *atypical face pain*.

Only veterans now can get the Brooklyn dentists' experimental new therapy. But Dr. Ratner says that if other researchers can duplicate his group's promising results, the method soon may replace the less-satisfactory therapies for eliminating mankind's most unbearable pain.

WHAT MOTHERS KNOW. Many new mothers have anguished when a just-born baby was hustled away by a delivery room attendant who may—or may not—have stopped to explain, "It's for medical reasons!" or, "That is the way we do things here!" Now, a new policy, promulgated by the American Medical Association (AMA), may change these heartless delivery room rules. After four years of studying what they call "bonding" and "attachment" between new infants and their parents, the doctors have rediscovered what every mother knows: That she and her new baby need to be together—to begin to feel and know each other—in the very first, precious minutes following birth. In the hours and days that follow, the baby needs continuing contact with both its parents. So the AMA now urges doctors and hospitals to make all changes necessary, consistent with good medical practice, to facilitate body and eye contact between new infants and their *(continued on page 205)*



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You can buy it without a prescription. Yet, in tests against two leading prescription pain relievers, here's what two major medical studies reported: *The extra-strength amount of non-aspirin in Datril 500 was significantly more effective in relieving pain. More effective than both Darvon® Compound-65 and Darvocet-N® 100.

These prescription products are effective. But the 1000 milligrams of pain reliever Datril 500 puts into two tablets were even more effective. Use only as directed.

*Hopkinson, J.H. et al: "Effective Pain Relief: Comparative Results With Acetaminophen In A New Dose Formulation, Propoxyphene Napsylate-Acetaminophen Combination, And Placebo." *Curr. Therap. Res.* 19:622-630, 1976. Smith, M.T. et al: "Acetaminophen Extra Strength Capsules Versus Propoxyphene Compound-65 Versus Placebo: A Double-blind Study of Effectiveness And Safety." *Curr. Therap. Res.* 17:452-459, 1975. The kind and amount of analgesic (acetaminophen) employed in the tests are the same as that contained in two tablets of Datril 500.

Try Datril 500. From Bristol-Myers.



Beauty Journal

The 30 days of April —time for a burst of beauty energy—new makeups, tips on fitness.

RUGGED BEAUTY LORE

What was once thought of as "he-man" trades—telephone linesmen, taxi and bus drivers, forest rangers, tree surgeons, farmers—are now being worked by women; for fresh air, good pay, a sense of freedom and vitality. One of our true-grit readers, who's living the brawny life on a ranch in Iowa, asked for specialized beauty help. "There must be lots of women in professions like mine who wonder what color eyeshadow matches a tractor." To answer all those who've been lured by the great outdoors—here are some commonsense tips on looking better. Other outdoor types such as skiers, joggers and just plain nature lovers can also read on. *Skin.* Never go out against the elements without the real shield of a good moisturizer and a good sunscreen. Many products combine the two. If you balk at the idea of applying foundation (as too much makeup), think of it as an added layer of defense. It's also beneficial in evening out ruddy skin tone. *Lips.* To keep that smile beautiful, th key word is "protection." Without a saf guard, sensitive lips get dry and chappe in winter, sunbaked in summer. Alway carry lip gloss . . . clear or tinted. *Hand* If you use your nails as garden tools or wire strippers, cor sider emery-boarding them to one sensible length. Kee them well-coated with colorless polish for grooming an strength. *Hair.* Weather, again, can be a villain. Over-expo sure (regularly) calls for conditioning at least once a weel Or, avoid the problem—wear a hat. On styling: get a little care cut that can take a wallop and bounce back in recor time. Perhaps a permanent for swing and shape. Or a pre cision cut that holds the line even if you go a few weeks be yond trim time. *Eyes.* As much makeup as you're at ease wit . . . but shadow colors are probably best with less flash, suc as the more natural grays and browns. Ditto for eye pencils

MAKING WAVES



Q. *Enclosed is a picture of me with my current hairdo. Can you suggest a new shorter style that would look good on me—but be easy to care for. —J.B., Des Moines, Iowa.*

A. We think you'd look terrific with shorter (but not short) hair, parted on the side and scooped up with a comb to bring it up and off your face. The "waves" sketched here come from a body permanent. A perm would insure the minimum of upkeep for you—plus inject your hair with built-in energy. One makeup tip: With this new lift, try applying your cheek color relatively high on your cheekbones to widen your face, emphasize your eyes.

NEW FOR YOU

This month there's something new (and good) for every part of you. • Keri Facial Cleanser, a lightweight lotion that smoothes on, rinses off with water (or tissues), 4 oz. $3.90, from Westwood Pharmaceuticals. • A trio of eyeshadows in one nifty package. The bisque/peach/ginger combo, a favorite. Aziza Soft Touch Shadow Trios, $3.25. • For lips and nails, a brilliant (and simplified) selection by Christian Dior. Pick from Pale, Plus or Contraste . . . light to darker. Choose one and wear it all spring. Lipsticks, $4, Nail Enamels, $3.50. • Brand new mascara idea: the brush is curved in the same shape as your eyes. Sensational! Cover Girl Professional Mascara, $2.25. • As a favor for your teeth, a new pulsating dental spray called Assist-Dent. Works without electricity. Attach to bathroom faucet, turn on water, insert tip and cleanse away debris. Superb for gums, too. From Bristol-Myers, $25.99.

FITNESS BEYOND FAT

There's a new way to judge what shape you're in—not b pounds but by body fat. According to Sally Davis, Asso ciate Physical Director of New York's West Side YMCA "lean" body weight remains fairly steady after age 20. Wha does change is adipose tissue (fat). If you're 5 ft. tall, 10 pounds at age 20, you're probably in proper proportio of muscle to fat. By age 50, if no regular program of fitnes has been followed, even if you weigh the same, your body will look and feel "out of shape." The approximate idea percentage of body fat is 23 percent for women (16-18 per cent for men). Doctors use a device called a skinfold cali per to measure body fat. The back of the upper arm is a good testing site. When the skin is pinched, the thickness of the fold is measured. There's a fairly accurate at-home kit (Slim Guide Skin Fold Caliper from Creative Health Products, $19.95 at drugstores), or you can casually do-it-yourself (an inch of pinch is too much).

EXERCISE OF THE MONTH



Q. *I seem to bulge in a spot where diet and exercise never touch. It's right at the front and back between my underarms and my bra straps. Can you help? —L.H., Marianna, Fla.*

A. This is a problem common to many women, but we've found a rather fun and easy exercise to help trim and firm that spot (as well as the upper arms). It's from the *La Costa Diet & Exercise Book* (Grosset & Dunlap). To do: Stand with feet apart and bend slightly at the waist, keeping abdomen tight. Swing your arms up, out and slightly back (illustrated). Swing them back to cross in front of you. Repeat 10 to 15 times.

Border by Julia Noonan. Drawings by Thea Kliros.



AZIZA DEMONSTRATES MASCARA WITH CONDITIONER. IT BEAUTIFIES EVEN AFTER IT'S OFF.

weep on this luscious ara, and it will make your look full and unusually ous. With a silky feel and that seem beautifully l, never stiff or brittle. se Aziza Mascara with tioner has a rich condi- blended with a fine, long- mascara formula. ut our built-in benefits stop there. Even after you e this special mascara see an improvement in ashes. Just as conditioner to make the hair on your ook shinier, healthier, more ur lavish conditioner will same for your lashes.



Lashes before Mascara with Conditioner.



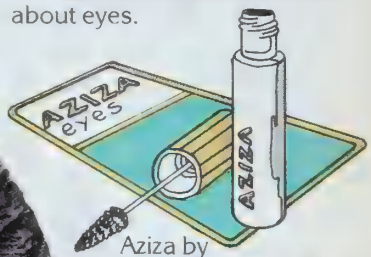
Lashes after Mascara with Conditioner.

In fact, the more you wear this extraordinary mascara, the more beauty results you should see. Your lashes will look lush and glossy, and they'll feel soft and supple. And they'll be better for real.

Aziza Mascara with Conditioner comes in Black, Brown/Black, Brown, and Blue/Black. All will look fresh for hours and can be easily removed the way you like best. We think one of the best is Aziza Eye Makeup Remover Pads.

Questions? For a free book, "Aziza Demonstrates All About Eyes," send 25¢ for postage and handling to Aziza, Dept. 737, 33 Benedict Place, Greenwich, Conn. 06830.

Because Aziza knows all about eyes.



Aziza by Prince Matchabelli.





Up to 180 plants will fit under a 48-inch fixture. Keep distance between the two at 3-4 inches. Regulate lights with a timer.

OPERATION HEAD START

Plant your summer flowers and vegetables *now*, by starting seeds indoors. It's easy to do, saves money and will give you the most bountiful garden on the block. By Virginie F. and George A. Elbert

It's April and you've started to think summer garden. With nursery prices going up, you might want to consider now the fun and challenge of starting your own plants from seed indoors. Once the original investment has been made (the simple equipment should cost no more than $65), you'll save money over the years. But the real point is to have better-quality flowers and vegetables in just the varieties you want—much sooner than if you waited to plant seed outdoors. And the whole family can have the satisfaction of watching the seeds sprout all Spring.

In addition to seeds, there are five items of equipment you'll need.

1. A 48-inch-long fluorescent fixture that holds two 40-watt bulbs. The fixture is a long metal box with a curved roof, the underside of which is painted a highly reflective white. We prefer fixtures with sockets six inches apart. The fixture will have holes in the top that make it easy to hang from cup hooks by means of chains or S-hooks, or you can screw it to the underside of shelving. Installation can be in any room of the house from attic to cellar: bookcases or shelves, under kitchen cabinets on a counter top, in an under-the-counter cabinet with doors removed, even in an unused closet.

More convenient is the adjustable fixture that comes with its own stand, although it is somewhat more expensive.

2. Fluorescent tubes are usually supplied with the fixture. But if you have a choice, and later on when you have occasion to replace them, we recommend that you use a combination of Cool White and Warm White tubes rather than the more expensive so-called growth tubes. They are the least expensive and most widely used lamps on the market. One of each is used in a two-tube fixture. In multi-tube fixtures alternate them.

Near one of the pairs of sockets under the box is a hole ¾ inch in diameter. It contains an aluminum cartridge called a starter. If your tubes fail to light, the starter may have burned out. It can be bought for a few cents at electrical supply stores and is installed by pressing into the hole and twisting clockwise. The lamps themselves usually last at least two years.

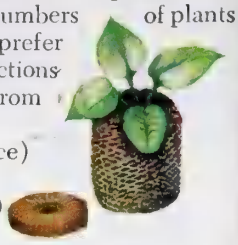
3. An automatic timer is an electric clock used to turn the lights on and off one or more times during a 24-hour period. Plug the cord from the fixture into the timer, which, in turn, is connected to the wall plug. Make sure that the timer is rated well over the total wattage of your lamps.

4. To hold seedling containers you will need one or more leakproof trays. The growing area under the fixture is 48 inches long and 12 to 15 inches wide. The trays should cover the whole area with as little loss of space as possible due to the curvature or thickness of their side walls. The sides of the trays need not be higher than an inch. Shallow-sided aluminum cookie sheets, 12x18x⅞ inches, are quite adequate.

5. One of the best containers for growing seeds indoors is the peat pellet, which goes under a number of trade names (Jiffy-7 and Fertl-Cubes are two such). It is a compressed disk of peat that expands to about two inches in diameter when soaked in water for a few minutes [see below: flat (left), inflated (right)]. There are also cubes of peat or peat mixtures as small as one inch in diameter. Each pellet or cube will hold one plant.

Between 140 and 180 of these containers will fit in the trays under your fluorescent fixture. You can grow four times that many plants in the same space by planting seeds more thickly in small, soil-filled composition or plastic flats. Seedlings in this case must be separated while young, and unless you are experienced, there is danger of high plant loss.

Before describing the seeding and care of the plants, here is a typical sampling of the kinds and numbers of plants you can grow under lights. You may prefer to vary this by making your own selections from any mail order seed catalogs or from the seed-package stands in stores.



12 tomatoes (Sweet 100, for instance)
10 Lettuce (Bibb)
7 Lettuce (Black seeded Simpson)
5 Broccoli (Premium Crop)
35 Bush Beans (Improved Tendergreen)
10 Peppers (Stokes Early Hybrid)
15 Marigolds (French or Carnation flowered)
15 Zinnias (Giant hybrids)
15 Petunias (Hybrid singles or doubles)
10 Snapdragons (Rocket hybrids)
10 Annual Sweet Williams (Magic Charms hybrids).

All these plants germinate in 5 to 10 days. They should be sown indoors between April 1st and 15th and will be ready for transplanting to the garden in the 1st week of June. These dates apply to the Philadelphia-New York region. Farther north you will have to plant later and farther south earlier, according to local climate and custom.

Before sowing the seeds, make *(continued on page 206)*

MOM'S OMNI.

Seems like Omni was built
om. To help her with her
es and errands. To pick up
als for fun and games. And
all without messing up her
udget.

EPA ESTIMATES:
PG HIGHWAY/25 MPG CITY.

According to EPA estimates,
i is rated 38 MPG (highway)
25 MPG (city) when equipped
its standard 1.7 litre engine,
speed manual transmission,
3.3 transaxle ratio. That's very
ent going, even though
n's mileage may vary
rding to her car's
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way
drives.
California
n's mileage is lower.)

And there's a lot more for
ns to like about Omni. It's
to handle and park, thanks
front-wheel drive and
ise rack-and-pinion steering.
s comfortable seating. There
are optional soft
touches like
automatic transmis-
sion, air conditioning,
smart cloth
upholstery, and lots more.

Dodge Omni has four wide-opening doors. And for any mom who's had to deal with a brace of grocery bags, or a bunch of kids, or just the general ins and outs of a day on the go...those four doors become important.

Then there's Omni's hatchback. Open it up, and you're confronted with a special storage compartment covered by a carpeted security panel. Into it you can put five, six, maybe seven bags of groceries. Four fully loaded golf bags. All kinds of odds and ends...all tucked nicely out of sight. Or, you can lift that hatchback, fold down the rear seat and security panel, and turn Omni into a station wagon with truly astounding cargo handling dimensions. For rocking chairs. Or fireplace wood. Or even playpens.



MOTOR TREND CAR OF THE YEAR

$3901:* (PRICE OF CAR SHOWN)
$3706:* (BASE STICKER PRICE)

And the beauty of it all is that Omni fits so nicely into the family budget. The one you see here is really gussied up—with Premium Exterior and Classic Two-Tone Paint Packages and other good things. Yet, it's priced at $3981.* But Omni's base price starts at just $3706* with such standard items as an AM radio, white sidewall radial tires, and vinyl body-side moldings . . . which leaves you lots of room to choose the options you want, and still end up with a reasonable price. Mom, why don't you go to your Dodge Dealer's. Get acquainted with this marvelous new car. And bring dad along. If things go the way they should, you and he will end up buying or leasing the car *Motor Trend* magazine has made its "Car of the Year."

DODGE OMNI.
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DUCT OF
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not include taxes and destination charges.

The Working Woman

Letty Cottin Pogrebin

Unhappy on the job? Maybe it's not what you have to do, but how you have to do it. Here's how many employers are increasing their workers' happiness —and productivity—by humanizing their working conditions.

Why do some people bounce off to work each morning while others drag their heels?

Your attitude toward your job obviously depends on many factors, among them personal problems, salary satisfaction and actual job content. It's hard to be happy, for instance, if your child is on drugs, your salary doesn't pay the rent, or if you love words and people and you're stuck working with numbers and machines. Conversely, it's easy to feel enthusiastic about a job that fits your interests, pays well and is utterly free of monotony.

Most people fall between these extremes of outright misery and perfect joy. There are niggling contradictions. The job is okay but the working conditions are out of Charles Dickens. Or the atmosphere is nice and your co-workers are great, but you feel exploited.

A change of jobs may not be necessary. The solution may be a dose of what the Work in America Institute calls "Human Values in the Workplace." Very simply, this relatively new labor philosophy recognizes the right of employees to have more control over what happens to them in the workplace. It also supports the "whole person" concept: the idea that it's impossible to divide a human being into her or his interest segments (partner/parent/physical/cultural/leisure/work, etc); that a happier, smarter, healthier *person* is a better worker.

To innovate, to humanize the workplace and give consideration and dignity to the worker, may cost management a little money at first. In the long run, however, the new, humanized work programs seem to pay off for all concerned.

SELF-SUPERVISION

Kenneth Kwiat, plant manager of Y & S Candy Company, describes the effects of "self-supervision" at his Brooklyn, N.Y., plant: "I wanted to build a relationship with the workers based on trust and confidence. But how could Spanish-speaking, new immigrants from South America, Mexico and Puerto Rico relate well to old-style American bosses? First, I realized that instead of expecting one hundred and fifty people to learn English, it made sense for me and our production superintendent to learn Spanish. So we did.

"Then, when one of the foremen left us, I decided to experiment with the team concept. In one department I told the people they could work at their own pace with no foreman and leave when the job was done, instead of watching the clock until 3:30. The trust was a two-way street. When they found they were finishing by 2 p.m., they asked for more work. After a year, that department's output was up ten percent. We converted the whole plant to self-supervision and productivity rose twenty percent!"

Kwiat also sponsored, and provided space for, sports activities: soccer for the men and volleyball for the women; gave English lessons in his office to those who wanted them; helped immigrants with their status problems and got quality legal counsel for those who needed it. On a rotation basis, he took groups of five or six workers out to lunch, not to talk about work but to get to know each other. And since Spanish cultures have their main, hot meal at mid-day, Kwiat rigged a steam pipe into a warming oven where workers' precooked meals of rice and beans or chicken and plantains could be heated for lunch.

Trusting his employees and respecting their ethnic heritage inspired not just friendship but loyalty. When the company moved from Brooklyn to Lancaster, Pa., eight workers moved with it—an almost unheard of phenomenon among non-management employees.

JOB ENRICHMENT

Workers' complaints: boring, repetitive jobs. Supervisors' complaints: low morale, high error rates, heavy backlogs. To cure both problems, companies have successfully redesigned jobs to give workers more responsibility and greater possibilities for work pride. In 1972, at Guardian Life Insurance Company, as many as eight employees handled one insurance policy, assembly-line style—each responsible for a small segment of the whole. After "job enrichment," each person was given her or his own clients, the freedom to set a work schedule and to do a "whole job" whose progress could be measured against visible objectives. After three years of "being treated like adults," productivity was up nearly 25 percent.

Job enrichment reduced clerical errors at Western Union in Philadelphia when the billing process was restructured. Instead of dividing 12 functions among 12 different types of clerks, the 12 clerks each mastered the whole variety of functions and just split the work load. Workers in the money-transfer division of Chase Manhattan Bank responded dramatically to job enrichment that included more tasks, more responsibility, teamwork and customer identification. Error rates decreased 13 percent and the bank no longer needed to pay checkers to police the workers. *(continued)*



My First Day With Stayfree® Maxi-Pads.

I'll never forget that day. It was the first time I had ever used a napkin without a belt. It wasn't a great day to experiment, but I was glad I did!

STAYFREE worked even better than I had expected. It did everything it was supposed to do.

A friend of mine told me that STAYFREE had an adhesive strip that holds the napkin right onto your underwear. Well, the idea of no belts or pins really appealed to me. A lot.

Then I read that they also had a moistureproof shield. The shield covers the bottom and sides of the napkin, so it repels moisture and prevents staining.

Thanks to STAYFREE Maxi-Pads, I was able to take my skating lesson. In fact, I felt so comfortable and secure with them, I even wore my new skating skirt.

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Good Housekeeping

Patterns with a Plus™ from McCall's #5862 has instructions for the use of VELCRO brand fasteners. For our informative new project booklet "THE VELCRO REVOLUTION" just write: Velcro Revolution, Dept. C, 9th Fl., 31 E. 28th St., N.Y., N.Y. 10016.



The world's easiest, most versatile fastener.

The Working Woman

continued

CONCERN FOR THE WORKER

More than a third of the 7,300 eligi employees at Kimberly-Clark Co. Neenah, Wisc., take advantage o unique company-sponsored tuition p that gives each worker a "bank accou of $480 to use for educational costs not drawn out, the sum reverts to company after a year. Kimberly-Cl also offers paid sabbatical leaves of t weeks to a year for specialized, job-lated education and has a special edu tion plan to cover employees' families.

A smart mind needs a sound body course. A number of corporations h hypertension-detection programs t cost less than $1 per employee for screening process and $125 to prov treatment if high blood pressure is c covered. New York Telephone Co pany has had such a program for m than 10 years, with a 43 percent cut absenteeism and an untold number prevented strokes.

Besides regular health and disabil plans, progressive companies are beg ning to pay attention to the effects u workers of work-related stress. Ab 120 companies participate in the Int national Meditation Society's progra for business; hundreds more pay executives to learn stress control, rel ation, meditation and biofeedback. recent news article reports that indus loses up to $20 billion a year in miss workdays and early death from stre Granted, many companies may be nancing mountain-climbing, transce ental meditation retreats and smoki cessation seminars out of self-intere But from the employees' viewpoint, th programs are life-enhancing, whate their rationale.

INCENTIVE PROGRAMS

The Scanlon Plan (named for t steelworker who invented it 40 ye ago) emphasizes three forms of work involvement: 1) participation (you ide tify with the company history and goa share in its responsibilities and decisi making); 2) achievement (your p formance and ideas help increase p ductivity and reduce costs); 3) rewa (you share the economic gains). Ba to the Scanlon Plan is a committee-sty communications network between wo ers and managers and a system of b nuses based on productivity. During years under the Plan, employees of H man Miller, Inc., in Zeeland, Mich., ha received more than $5 million in b nuses. At Dana Corporation in Edgert Wisc., the employees may make wor improvement suggestions to their co mittees, and each committee may vo to spend up to $200 to implement ea

(continued on page 15)

Mickey Takes The Cake!





7860



7949





7951



950

His luster undimmed by the years, Mickey Mouse remains the all-time darling of America's "pop" stars. 1978 marks e 50th anniversary of his heart-winning popu- ity with grown-ups and kids alike. Celebrate s happy historic occasion with a potpourri of afts-in-kits that depict dear Mickey and some his Disney pals. The needlepoint pictures are inted on 12-mesh canvas with all-wool Persian yarns. The latch hook rug or wall hanging has color-printed canvas and Orlon® yarns. The grow chart is printed in color on Pellon®, to embellish with floss. The hat is felt for sewing and embroidery. Dopey, the adorable bumbler of Snow White's dwarfs, is at left, his needle-point portrait same size as Mickey's. Mickey's birthday picture comes complete with alphabet for stitching your own child's name.

..H.J. SALES, INC. Mickey's Birthday, Dept. 826, 1419 West Fifth Street, Wilton, Iowa 52778 © Walt Disney Productions

___#7860 Mickey's Birthday Cake 12½"x11"	@ $12.98 plus $1.50 post & hdlg.	$_____
___#7949 Mickey's Portrait 9"x12"	@ $11.98 plus $1.00 post & hdlg.	$_____
___#7950 Dopey's Portrait 9"x12"	@ $11.98 plus $1.00 post & hdlg.	$_____
___#7951 Mickey in Love Rug/Hanging 16"x32"	@ $24.98 plus $1.50 post & hdlg.	$_____
___#7954 Latch Hook	@ $ 1.25 plus $ .25 post & hdlg.	$_____
___#7952 Mickey's Friends Grow Chart 10"x36"	@ $ 5.98 plus $ .85 post & hdlg.	$_____
___#7953 Mickey Mouse Hat, adjustable	@ $ 3.98 plus $ .85 post & hdlg.	$_____
___#7801 Color Catalog of Other Kits	@ $ .35	$_____
Please add sales tax (N.Y. & Iowa only)		$_____
Total enclosed		$_____

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THE ROSE DAYS

MY YEARS AS ROSE KENNEDY'S SECRETARY

"I will not be vanquished!" These are the words of Rose Kennedy, the remarkable matriarch whose faith has provided strength for a family that has experienced almost unendurable sorrow. Mrs. Kennedy's former secretary (shown at right with Mrs. Kennedy) creates an intimate, unforgettable portrait of a woman to love and cherish and remember. By Barbara Gibson with Harriet La Barre.



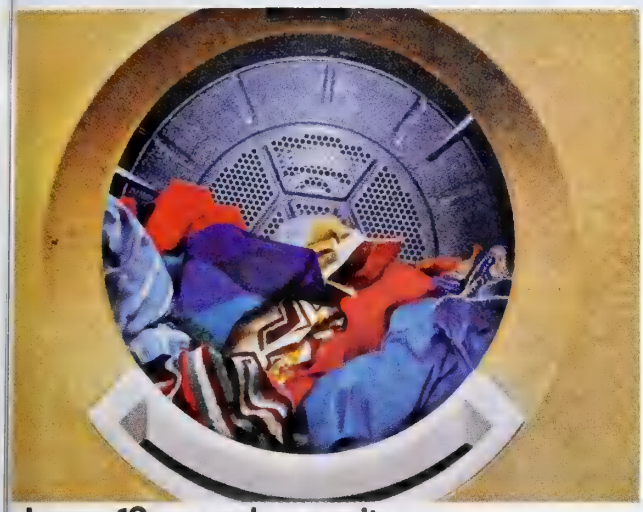
On July 8, 1974, I came to work for Rose Kennedy, thinking I would have the clear-cut job of being her social secretary. I assumed I would spend most of my time answering mail. Naturally, I was pleased to be associated with the family, and I was particularly pleased to work for a woman I had long admired, a woman whose faith, courage and stamina have made her an American legend. But it didn't turn out to be that simple. It didn't take long before I began to feel that I had fallen through a circus tent top into the middle of an ongoing family performance, one in which I, too, became inextricably entangled. Mrs. Kennedy herself turned out to be more adorable, more eccentric, more energetic, more demanding—and more impressive in her unaging zest for life—than I had ever expected. In the next three years, I laughed with her, I cried for her (and sometimes because of her). I got to know her and the other Kennedys on an intimate basis. Looking back on my "Rose days," I feel so much affection and respect for Mrs. Kennedy—and I want to share my special recollections of this one-of-a-kind-woman. Here, some selections from my diary . . .

HYANNIS PORT, SUMMER, 1974

Have been here four days at Mrs. Kennedy's in the Kennedy compound, working at a desk in a tiny office near the kitchen. Everything seems quiet, calm, well-organized. Had expected Mrs. Kennedy to be a taskmaster, but she is not at all intimidating. . . . At 11 this morning, she asked me in a roundabout way if I'd like to come swimming with her. She was delighted when I said I liked to swim. She lent me an old bathing suit of hers, and a bathing cap. We walked barefooted down that famous, often-photographed path through the sea grass to the ocean. When I screamed because the water was icy cold, Mrs. Kennedy gave me a pitying, scornful look: "I'm an old New Englander," she told me, "I grew up swimming. The ocean is *much* more invigorating than a heated pool." We bobbed around in the ocean like a couple of corks. My teeth were chattering. Mrs. Kennedy clearly would like me to swim with her every day now, and I'm worried about the stacks of correspondence on my desk inside. Later, when I mentioned this, she said: "Don't worry about the mail and filing—just keep me happy."

Carol Channing came to visit today. . . . She and Mrs. Kennedy sat out on the porch chatting and laughing. Mrs. Kennedy wore a hat. She always wears *(continued)*

good reasons to buy a new Hotpoint dryer.



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Several models provide over 7 cubic feet of drying space for easy handling of mixed heavy fabric loads and fast drying.



2. Press-Guard.

Special setting keeps drum rotating without heat for up to an hour after the automatic cycle is over to help prevent wrinkling.



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3. Hotpoint dryers come with Bounce.*

Bounce is the fabric softener that works in the dryer to make your cottons really soft. Controls static so synthetics don't cling. And leaves your clothes smelling clean and fresh. No liquids to pour. No rinse cycle to catch.

Bounce makes clothes really soft.
Bounce controls static so synthetics don't cling.
Bounce leaves things smelling clean and fresh.



e has agreed with dryer
s to supply Bounce
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ROSE DAYS

continued

a hat when a guest comes. Her favorite everyday clothes are slacks and a turtleneck—she loves those turtlenecked tops. She came downstairs this morning in a pink sweater with a ruffle at the neck, looking very pretty. . . . While Carol Channing was here, I seized the chance to get on with Mrs. Kennedy's correspondence. Tart note from her to [son-in-law] Sargent Shriver about one of his employees: "Please tell S. to start wearing a shirt. I am tired of looking at his navel. Every year it becomes more prominent." I am also supposed to write Eunice [Kennedy Shriver] and ask her to bring back the black wool scarf she borrowed. And go to Hyannis and buy a magnifying glass for Eunice, who borrowed Mrs. Kennedy's and did not bring it back. . . . Willie Shriver, he's 14, is in disfavor with Mrs. Kennedy because he is drinking lots of soda and leaving the empty bottles all over the place. Mrs. Kennedy says it is bad for the children's teeth.

I've been here a week. Today was Jeannette's day off. (Jeannette is both cook and maid.) I was stunned this noon when I found Mrs. Kennedy in the kitchen in her robe and apron, sitting on a stool and happily eating her lunch out of a pan she'd heated on the stove. I offered to fix her lunch, and she said that she'd rather do it herself.

I'm surprised and puzzled to discover that with all the talk about the Kennedys having personal maids, chauffeurs, upstairs maids, cooks and other help, Mrs. Kennedy has only Jeannette (she calls her "Janet") and Arthur. Arthur is combination handyman, gardener and part-time chauffeur. And this house is *big*—12 bedrooms, eight bathrooms. And there's the garage apartment and the pool. Jackie Onassis's house, through the hedge behind Ethel Kennedy's, isn't any bigger. But Jackie had maids, even a butler. Lately I find myself chauffeuring Mrs. Kennedy to the Hyannis beauty shop and church—she goes to church everyday—no matter what the weather, no matter what her state of health. This is clearly an important—even essential—beginning for her day.

Big clambake at the Senator's [Ted Kennedy], on the lawn, for Mrs. Kennedy's birthday. Trucks arrive delivering steaming pots of lobster and clams. Mrs. Kennedy has received 450 birthday cards so far. "Too bad I'm not running for something!" she said to me. Shipload of sightseers are out on the water with loudspeaker, singing "Happy Birthday." Last week we had to call the sightseeing boat company because their usual spiel about the Kennedys is so loud that Mrs. Kennedy can't take her afternoon nap. She naps between two and 3:30. . . . Today she asked me if I would like to stay on the compound. I said no and explained that my son Kevin, 13, and my daughter Kathleen, 16, are with me for the summer (the rest of the time they're with their father in Holland). I told her I had already rented a cottage nearby.

Rosemary, Mrs. Kennedy's 56-year-old daughter, who is retarded, arrived today with two nuns, from the convent in Wisconsin, for a visit. The nuns, Rosemary, Mrs. Kennedy and Eunice went swimming. Eunice is wonderful with Rosemary, and so is Mrs. Kennedy, who talks to Rosemary just as she would to anyone else. After Rosemary left, Mrs. Kennedy looked tense and strained. I can tell the visit is terribly difficult for her.

This afternoon Mrs. Kennedy insisted I go for a swim, but was worried about my being in the ocean alone. When she saw me coming up the path from the ocean, she stood on the porch in her pajamas and called, "Yoo hoo—are you all right?" There was a shipload of people out in the harbor, watching! They could hear her. I felt embarrassed—all those people looking at her!

Barbara Walters stayed at Eunice's the night before last; Mrs. Kennedy went to dinner with them at the Senator's. Today she wrote a letter to Barbara Walters saying that she's glad Barbara liked the informal atmosphere at the Cape; also that years ago Mrs. Kennedy's mother used to give her "Jamaica ginger" for tummy ache. They had been discussing Zelda Fitzgerald, who had given her baby gin when she had a tummy ache. (Mrs. Kennedy knew Zelda and F. Scott Fitzgerald.)

Pat Lawford is here with her children. So is Jean Smith. They brought their own maid and cook! Jeannette refused to cook for so many people without help, and Mrs. Kennedy refuses to "waste money" on more help. Jeannette is mad and is staying at home until the Lawfords and Smiths leave!

I went to get Epsom salts at the drugstore for Mrs. Kennedy's foot. She had a headache and someone told her the best treatment was to lie on a bed with her head hanging over the side. She lost her balance, fell off the bed, hit her foot on a stool. It is all swollen, and she refuses to see Dr. Watt.

Ethel was out playing tennis as usual today; she plays twice a day, then goes boating. The Senator is also sailing, fishing, rushing around. So are the others. These Kennedys are so keyed up they can't relax. Mrs. Kennedy is one of the worst. And then she wonders why she can't sleep!

Emergency at the pier. As she was getting into a boat, Eunice fainted and fell off the pier. I called the police an ambulance. Luckily, Mrs. Kenn didn't hear the commotion. The Sen had warned me I'm not ever to let mother know when anything alarm happens. When she woke up, all calm. Usual kind of instructions, men me to send note to her granddaugh Maria Shriver asking her to please tennis with her friends on her own co Mrs. Kennedy does not like strang walking around her property.

Mrs. Kennedy talked about Arist Onassis in car this morning when I dr her to church. She said Onassis was charming, but not at all attractive. instance, she said, he wore baggy t sers. She told me Onassis visited once when he was married to Jackie brought her a gift: a gold bracelet t had a snake-head set with fake rul and diamonds. She thought he had pr ably picked the bracelet up at Bon Teller's on his way to see her. Later had it appraised with some other thi and found the fake stones were diamonds and rubies and the brace was worth $1,500!

I took her to church and rush back to work on the mail. Mrs. Kenned mail is so enormous that every morn I have to make two trips in and out the post office to carry it out to my Mrs. Kennedy dictates to me in morning, then we swim. In the aft noon, after I finish typing the letter check over the household accounts, l after house maintenance and do mi jobs for other Kennedys.

I'm worried. Mrs. Kennedy seems have no physical fear. At night, in dark, she goes for an hour's walk. Wh we warn her that it's dangerous, says, "Don't be silly, at my age the co sequences wouldn't be that great." I attitude is that if God meant it to be was meant to be—that if she fell off balcony while standing talking to Arth the gardener, it was meant to be. anyway, I asked Max Kennedy, Eth son, who is about 10, to walk with h And if she doesn't want company, watch her secretly—just to check th she is all right.

This noon, Mrs. Kennedy was standi at her bedroom window, looking towa the pier, when I came in. "There g Ethel with her Moveable Feast," s said. She was watching Ethel and a g gle of Ethel's guests and kids set off Ethel's sailboat, heading for Great Isla with their usual huge hampers of food cold chicken, meats, cheeses, wine, quor, cookies, fruit and other goodi Mrs. Kennedy always calls these ga erings "Ethel's Moveable Feast"; s sounds ironical and amused, with eyes-to-heaven shrug.

Ethel is nice, always has *(continue*

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lots of men guests, and men-and-their-wives. Occasionally, she even takes Kevin, my 13-year-old, along on the sailboat; once they went with that ex-Olympic decathlon champion, Rafer Johnson, just the three of them. Kevin was thrilled. With all those children and guests, Ethel has trouble keeping maids and cooks. . . . Jackie once made a drawing, a present for Ethel, showing children running in and out of the house, hanging out of upstairs windows, playing on the roof—with the cook departing, carrying her suitcases out the back door, and the new cook arriving at the front door.

Watched TV film, *Times To Remember,* a documentary based on Mrs. Kennedy's memoirs, with her in her bedroom. She thought her makeup looked awful and was upset that they didn't mention that the proceeds go to help the mentally retarded. . . . After the program ended, she began talking about Jack and Bobby. Bobby, she says, was direct and forceful. Jack was more shy. She remembered how Jack wore no overcoat at his Inauguration, even though it was freezing. I noticed that while Mrs. Kennedy was talking about her sons, she began to look very pale. After a minute she said: "How could that happen?—two boys in one family assassinated!" Then we busily started straightening her bed; it's not Mrs. Kennedy's way to just linger in a dark mood.



Mrs. Kennedy with her framed photographs of the White House portraits of Jacqueline Kennedy Onassis and John Fitzgerald Kennedy.

The burglar alarm went off this morning, Sunday, at Jackie's house. Jackie wasn't there; no one could find a key. Police were everywhere. Mrs. Kennedy was calling everyone, including the Senator. The alarm was so loud you could hear it all over Hyannis Port. I went through those keys in the kitchen drawer—about 300 of them—but couldn't find the one that turns off the alarm. Finally, we located a policeman who had an extra key. Later we found the key hanging in the kitchen on a nail! Mrs. Kennedy keeps saying, "Let's *organize* the keys." But she won't throw old ones away, and who has time to go through all those keys? All this gave her a ferocious headache. She felt better after nap. She wants me to order the French records of Flaubert's *Madame Bovary*; she'll listen to it while she has her Tuesday-morning massage. She hates to waste time; she listens to French language instruction records during her massage. Constant self-improvement. She reads *The New York Times* and the Hyannis newspaper every morning, cuts out worthwhile thoughts and possible quotations and then pins them on her bathroom towels and on the front of her bathrobe, to memorize them.

Mrs. Kennedy is going to Paris for three weeks before she settles in Palm Beach for the winter. She would not let me arrange for a car to meet her in Paris. "It is too expensive," she says. "A waste of money." I telephoned Eunice Shriver, who told me to arrange for a car in Paris anyway. "Mother is saving her money for her relatives, so *they* can ride around in limousines after she is gone." Once, she flagged a cab at a New York airport terminal and seeing another woman looking for a cab, invited her to share the taxi. The woman sat down beside her in the back seat and, on discovering that her companion was Rose Kennedy, fainted. They had to stop and give the woman air to revive her before leaving the terminal.

I made Mrs. Kennedy's airplane reservation to Paris—21-day, low-fare excursion. She always stays three weeks to get the low fare; anything else is "a waste of money." Whenever she goes to Paris, Jeannette makes up a packet of food for her to eat on the plane: chicken sandwiches, a piece of cake, a thermos of milk.

The Kennedys are all departing the Cape; the season is over. Ethel and children are already gone. I must find the keys to Jackie's trailer that houses the Secret Service men who watch over John (he is only 15).

This afternoon Christopher Lawfo called Mrs. Kennedy from Harvard. I rooms with Bobby Kennedy there. M Kennedy told Christopher to tell Bob that if he wants to be in politics should practice charisma, like his Un Ted. She was being funny. Then, r being funny, she told me to get on t phone and tell Christopher that the n time he calls he should call at night, b cause it's cheaper.

I couldn't find my eyeglasses tod and I was getting desperate. Then noticed that Mrs. Kennedy was weari them!

Mrs. Kennedy told me to take t auto-train to Palm Beach, instead of dr ing down. The drive was too long me to make alone, she said.

Helped Mrs. Kennedy pack for Pa and got her off to airport. This morni I received a letter that she had writt from Boston's Logan Airport telling that, before going to Palm Beach, I m be sure to turn off all the electric clo at Hyannis Port, so as not to wa money.

PALM BEACH, FALL, 1974; WINTER AND SPRING OF 1975

Mrs. Kennedy arrives at 9 toni from New York. I frantically have be getting the Palm Beach house in sha 11 bedrooms, nine baths. There's a le in the bottom of the pool, the clotl dryer is broken, there are termites in c end of house and I'm trying to hir chauffeur. Today I feel ten years ol than when I came to work for M Kennedy. The only help here is Ma zelle, who is an absolute love—very o la-la French. She's wonderfully energ ic, but still she's 72 years old. (She u to be the Lawford children's governes

Drove Mrs. Kennedy to hear Archbi op Fulton J. Sheen speak. When I v backing the car out of the driveway, said, "Just one moment, I'll help." S stood out in the middle of North Oce Boulevard and directed traffic. She v all dressed up; she looked terri dressed in a pink Courreges suit, w a matching hat. People driving stared. . . . At noon I was talking Mamzelle in the kitchen when Mrs. K nedy came walking in, calling, " coming! I'm coming!" She told me la that she does that when approachi just in case people are talking about h she doesn't want to embarrass them.

Mrs. Kennedy listened to the Senat TV speech on drugs, then dictate letter to him. She told him, in the futu to please say, "If I *were* president," "If I *was* president . . ." the reason be the old adage (in Latin): condition c trary to fact. She told me to sign the ter for her with the notation: "Dictat not read." This would *(continu*



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ROSE DAYS

continued

absolve her of any direct blame. If there were any unpleasant reactions she could always say she hadn't read the finished letter. She then had me send a copy of the letter to each grandchild. . . . In a letter to Caroline Kennedy, written later, she said she was so sorry to hear about Ari Onassis being so ill. Also said she felt so sorry for Jackie, who has had so many trials and is still so young.

Ethel is here for a five-day visit. Rosemary and a nun are here also. House is an awful mess because we have no extra maid and Mrs. Kennedy still adamantly refuses to spend sufficient money on a maid's salary. Ethel cleans her own bathtub. Mrs. Kennedy is having a fit about money; she says Ethel is making too many telephone calls and running up the phone bill. . . . I tried not to laugh. Or do I mean cry?



Rose Kennedy (center) wearing her ever-present hat, with her daughters Jean Smith (left) & Pat Lawford (right) in Hyannis Port.

Caroline Kennedy, Eunice and Maria Shriver and the Senator are here for weekend. I'm delighted because we have a wonderful cook, Nellie McGrail. She used to cook for Mrs. Kennedy's friend, Millicent Hearst; she also worked for Gloria Vanderbilt and Cary Grant. . . . Mrs. Kennedy hasn't been sleeping well, so the Senator "innocently" invited Dr. Foley here for cocktails, since Mrs. Kennedy simply won't see him.

They all drove off to church today, but forgot Eunice, who went out on North Ocean Boulevard and hitched a ride.

Mrs. Kennedy just got back from a TV benefit for the retarded in Washington, D.C. She sat in President Ford's box, looking great in her white-beaded Paris creation. Mrs. Kennedy said she felt rather nervous when she and Mr. Ford stood up alone, in his box, in front of the audience.

It was storming today, and the palm trees were all lashing around in the wind. Mrs. Kennedy insisted on going in swimming anyway. Lightning! I was afraid. "Come on in," she said, "don't be a ninny!" More lightning, and I wouldn't budge. Mrs. Kennedy said, smiling, "Come *on!* Don't you want to be around to hear my last words?" I gave in.

Eight people arrived today for Easter—the Stephen Smiths (bringing their own cook and maid—Jean Smith doesn't take any chances when visiting her mother!). Robin Lawford, Kerry Kennedy, Caroline Kennedy coming later. Mrs. Kennedy doesn't seem to mind so many visitors.

Ethel's secretary telephoned. Ethel is missing a tan panty girdle, a white panty girdle and six stockings. Will I please look around?

Caroline Kennedy arrived. According to the newspapers, Jackie will be coming, too. I don't know where we'll put her—all the beds in the main house are taken, plus the garage apartment. I've rented a cot for Caroline; she can sleep in the room with Robin and Victoria Lawford. . . . Mrs. Kennedy says Jackie can sleep on the massage bed in her bedroom! . . . Toilet seat broken; Mrs. Kennedy was undaunted; she tied it up temporarily with a shoelace.

The airlines called and asked if this were a hotel since I had called so much to confirm so many reservations! I have posted a sheet in the front hall telling who's arriving on what flight, who's sleeping where. Jackie, it turns out, isn't coming. Mrs. Kennedy set up a dinner menu of roast beef, green beans, salad and dessert. But whatever the menu, everyone always says, "What are we having?" to the cook, and then, "Oh, I don't want that—I'll have lobster." Pat Lawford will say, "Well, I don't eat red meat, I'll have pompano." By the time the cook gets through, it's like a restaurant. The funny thing is that when all that stuff appears on the table, Mrs. Kennedy doesn't even seem to see it!

Mrs. Kennedy was crying today, thinking about Rosemary, who had been here for a visit. She said she also felt that she had neglected Jack by paying so m attention to Rosemary when they both children. I told her I wished wouldn't cry because she would n me cry, too. It seemed so terribly and awful to see her cry.

Today—a shark scare! But Mrs. K nedy was in fine fettle, and oblivio danger—as usual. She insisted on g into the ocean anyway. "Sharks n bother me," she said. I protested with my luck the sharks would go me and leave her to swim to shore. gave me a droll look, and said, "W would you like your check sent?" usual, I gave in and went with her.

Talking while she swam, Mrs. K nedy told me that at dinner her gra children had been discussing abort talking about the "fetus." Mrs. Kenn is very "with it," but said, "These dren are so advanced for their ag hardly knew what the fetus was about two years ago!"

We are leaving Palm Beach. I n remember to send Wrinkies (they prevent frown lines between the brows) to the Duchess of Windsor.

HYANNIS PORT, SUMMER 1

Mrs. Kennedy is lonely because children have not yet arrived for s mer. Ethel doesn't come until the en June. I was worried, because Mrs. K nedy seemed so lonely, so I called Lawford in New York. She said ol she'll come for the weekend.

Mrs. Kennedy does not get emotio ly involved with me; she avoids that of attachment—I suppose she has s so many people come and go, she said so many tragic goodbyes, that can't afford deep feelings for people v are only temporarily in her life.

Today I drove Mrs. Kennedy to t to have her hair done. She was too im tient to sit under the dryer, so she ca back with her hair still damp, with ers in the bottom. I helped her take rollers out and saw that her hair gr in black. She does not dye her hair! said, "My mother always had very li gray, she lived to be ninety-three w out getting gray."

Mrs. Kennedy today noticed I wa little downcast (she always surpri people that way). I explained I having trouble with my daughter Ka leen, who is 17 now, and wants to back to Holland in the fall to be w her boyfriend, instead of staying in United States and going to college. M Kennedy looked thoughtful, then s maybe she could do something to p suade Kathleen. . . .

Three Kennedy grandchildren coming over for dinner *(continue*



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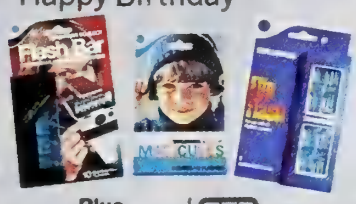
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tonight. This morning, while we were swimming, Mrs. Kennedy asked me if I'd ordered lobster for dinner. I said, "Yes . . . and I thought you might want potato chips, too, so I ordered a bag." She said, "We *have* potato chips—there's a bagful in the kitchen." And she made me get out of the pool, dripping wet, and call the store in Hyannis and tell them not to bring the 59-cent bag of potato chips! Yet the lobster cost about $25.

This afternoon I felt better: Mrs. Kennedy said she would talk to my daughter Kathleen on Wednesday.

I'm stunned! Mrs. Kennedy took Kathleen into her bedroom and talked to her for an hour. Kathleen came downstairs laughing and happy. I was so relieved. Then she told me that Mrs. Kennedy had offered to help her return to Holland and get a job, so that she could be near her boyfriend! I went upstairs and found Mrs. Kennedy at her bedroom window looking out at the Sound. She gave me a very defensive look and said, "Well, I fell in love when *I* was seventeen. And I never fell out. Of course, I didn't marry him for seven years."

This certainly wasn't what I'd hoped for. But what could I say?

We were cleaning up today and, in the attic, Mrs. Kennedy and I discovered a box of 19 letters and telegrams from President Kennedy. I was afraid they would upset her, but they didn't. They were very amusing. We sat there reading and laughing.

Mrs. Kennedy was especially tickled by a chatty telegram the President had sent her from the White House; he'd signed it "Betty Blitch." Then she had me send a memo to all the grandchildren telling them to drink milk; Jack drank milk, and that's why he always had such white teeth.

Lots of excitement today: the Senator arrived at 8 A.M. with photographer Ken Regan to take pictures of Mrs. Kennedy for an article the Senator wrote for *Ladies' Home Journal*, an article about Christmas with his mother. The Senator and the photographer waited *downstairs;* Mrs. Kennedy waited *upstairs* in her bright red sweater and white pants. She finally came downstairs and stormed at Senator: "Why didn't you tell me you were here! Now I'll be late to the dentist!" Later everybody laughed at how angry she was.

PALM BEACH, FALL OF 1975, WINTER AND SPRING OF 1976

Mrs. Kennedy returned from Europe yesterday. She had bought dresses and hats in Paris. She spent $5,000 in all—$2,200 for one dress. She has very good taste.

She's mad at herself because when she stopped in New York on way here, she did not shop for herself but, "like a dumb bunny," spent all her time shopping for Eunice. Eunice needs clothes for Sarge Shriver's campaign for the presidential nomination. "Eunice never cared about clothes; when she was young I was always afraid people would think I neglected her," she said.

The Morton Downeys, who are close friends of Mrs. Kennedy, recommended a house painter for the Palm Beach house, which desperately needs a painting. Mrs. Kennedy insists on painting only around the windows. It's "too expensive," she says, to paint the whole house. Last year she painted only the front!

Beverly Sills is singing in an opera here in Palm Beach—Mrs. Kennedy bought

"I wish I had known her when she was young. So playful! So gay!" Mrs. Kennedy today: still vital and exuberant.



two tickets. Beverly Sills, a friend Eunice's, has a retarded son and casionally gives benefit performances help the retarded. Mrs. Kennedy, ta ing to me of Rosemary—and of Beve Sills' similar heartache—said, "Tha what I mean—you can have all the worldly things, but still something li that will happen to you."

Drove Mrs. Kennedy to the Wrigh mans' for lunch. They're very, very ric When Jack was President, he used stay at their house when he was in Pal Beach. The Secret Service wouldn't l him stay at Mrs. Kennedy's, because t house had termites. I guess they thoug the roof might fall on him. Mrs. Ke nedy told me that he'd run up the bea every morning to have breakfast wi her.

Today Mrs. Kennedy asked me to gi her a new supply of cards, the ones th have Jack's picture in color on one sid and her favorite passages from t scriptures on the back. She autograp these cards and hands them out to be boys, porters and waiters, instead tips, saying, "Save this, some day it w be worth money."

Also would I please write to Mar Shriver: did Maria find Mrs. Kennedy red sweater in with *her* sweaters?

Mrs. Kennedy was very funny when w were swimming today. She imitated t way William Randolph Hearst spok "He spoke in a very high voice," s said, in a thin, little, high-up voice. thought it would have been fun to ha known her when she was younger, mo like this. So gay and lighthearted.

Jackie had asked Mrs. Kennedy come out in favor of ERA. (Apparent Jackie is working with feminist Glor Steinem on this issue.) Mrs. Kenne wrote Jackie saying that she was sor to disappoint her, but that she doesn want to become involved in politics she will be besieged with requests. . . Will have to give Miss Steinem a neg tive answer when [her] message arrive

Guests coming next week, so today tried to have freezer repaired, behin Mrs. Kennedy's back—I knew she'd ba at the expense. But she walked in pantry when the repairman was ther Swords' points! She said we had no nee for the freezer, that it is a waste of $10 and that when the children and gues arrive next week they don't need to hav ice cream—they can have milk an cookies for dessert. I looked at her an said, "Now Mrs. Kennedy, do you *reall* think they'll be happy with cookies an milk?" I won. The freezer was repaire I'm a wreck, and Mrs. Kennedy wen upstairs—cross!

Joan Kennedy, the Senator, Jean Smit and some clan members are *(continue*

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(Makes 1 serving)

hot water
lope Alba '66
poon ground
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water, Alba '66 and
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tely dissolved. Serve
cinnamon stick
r" if you like.

60 CALORIES
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(Makes 16 brownies)

2 eggs separated
¼ cup water
2 slices enriched white bread, finely crumbled
2 packages milk chocolate flavor Alba '66
½ teaspoon baking powder
¼ teaspoon maple extract
artificial sweetener to equal 2 teaspoons sugar

In bowl beat egg yolks with water. Add bread crumbs, Alba '66, baking powder, extract, and artificial sweetener. Mix well. Beat egg whites until stiff but not dry. Fold into chocolate mixture. Pour into 8" non-stick square baking pan and bake in 350°F oven 10 to 12 minutes or until tests done. Cool. Cut into bars. Makes 16 brownies.

ONLY 25 CALORIES PER SERVING.

ALBA FLOAT

1 cup cold water
2 envelopes chocolate flavor Alba '77
1½ quarts chocolate flavored dietetic soda

In blender, combine cold water and Alba '77. Cover, blend at low speed 30 seconds. Pour into shallow pan and freeze about 40 minutes. Stir and refreeze until firm. Place mixture into 6 tall glasses. Fill with soda. Makes six servings.

ONLY 30 CALORIES PER SERVING.

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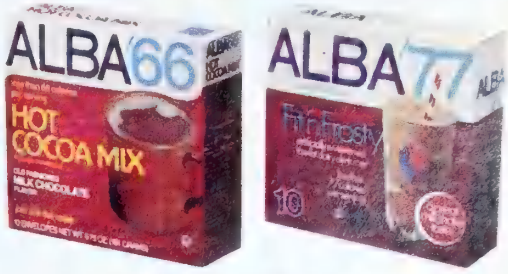
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ROSE DAYS

continued

here. We have wonderful Nellie McGrail to cook again. That's because the Senator loves Nellie's cooking, and Mrs. Kennedy loves to please the Senator. He is her pet, her baby.

Today, Jean Kennedy Smith, Mrs. Kennedy and I stood in the pool, talking. "I was shuffled off to boarding school at the age of eight," Jean said. "Well, what was I to do?" Mrs. Kennedy answered. "Your father was always gone, or we were giving dinners and parties at the Embassy. So I had no time to spend with the children." Jean said, "That's why I'm still trying to get my head screwed on straight." Mrs. Kennedy got huffy, and was still defending herself when she got out of the pool and ran into her nephew, Freddie Fitzgerald. "And I had to take care of *you!*" she said, glaring at him. She was actually thinking of another nephew, Joe Gargan. Freddie just stood there with his mouth open. Jean Smith and I were laughing.

Mrs. Kennedy went to Washington to accept a $5,000 AFL-CIO award from George Meany for her outstanding contribution to the welfare of the retarded. She has been driving me crazy worrying about her speech. She is a perfectionist, and expects a lot of herself. I keep telling her, "They don't really expect you to say anything, just to appear." But no!—she worries, worries, worries. I've just retyped her speech for the tenth time. She will give the $5,000 to the retarded. . . . From Washington she goes to see Rosemary in Wisconsin, then to New York and on to Hyannis Port for the summer. I am closing the Palm Beach house.

HYANNIS PORT, SUMMER, 1976

I have to get Paul Revere books for the Kennedy grandchildren; they'll recite "The Midnight Ride of Paul Revere" at the July 4th picnic on the lawn. I send one book to each Kennedy household. She also sent them each a copy of the Declaration of Independence, instructing them to hang it "in a prominent place." . . . Mrs. Kennedy's niece, Mary Jo Clasby, is coming to stay, bringing *seven* children! Jeannette, the cook, is rebelling.

Frustration! I have tons of correspondence to type, but my typewriter has disappeared. Find that Bobby Shriver has borrowed it, taken it over to the Shrivers'. Will I live through this summer?

John Kennedy, Jr. (he's 15) and Vicky Lawford, who's 17, made brownies in the kitchen and tracked them all over the white living room rug. Mrs. Kennedy is furious. When she gets mad at the grandchildren, her nostrils dilate and she gets that *look*. That's all she has to do—give them the look.

I'm still laughing over what happened today. Sometimes Mrs. Kennedy tickles me. The Senator had telephoned; he wanted Mrs. Kennedy to campaign for him: would she go to a late-afternoon reception in Falmouth? He said Eunice Shriver would go with her. Mrs. Kennedy didn't want to, but agreed to do it. "I'm so mad I have to go!" she told me. When she came downstairs all dressed up in blue chiffon, Eunice and Ethel were still playing tennis. Mrs. Kennedy was fixing her chiffon dress in the front hall and saying furiously, "Those two ninnies are out on the tennis court when *they* should be going, not me! After all, I'm eighty-six years old." Later, after the reception, the Senator was laughing. Mrs. Kennedy was a hit, he said, because she told people, "At eighty-six, don't let this happen to you!"

Mrs. Kennedy and I are going to the Ritz-Carlton Hotel in Boston for an afternoon reception for the Senator's campaign—4,000 people! Mrs. Kennedy was so nervous that her hands were shaking. During her speech, she told a story about how, when she became pregnant with her ninth child, everyone told her, "Why do you want to become pregnant again?—it will ruin your figure, tie you down." She told the audience, "If I hadn't had the ninth, I would now have no sons." It was a very poignant moment; I noticed lots of people with tears in their eyes.

I stayed overnight with Mrs. Kennedy because she was alone. Arthur and I were cleaning out the refrigerator. Mrs. Kennedy had told him to take everything he wanted. We were throwing out stuff like mad. Later I asked Mrs. Kennedy what she wanted for dinner. She said she'd have lamb chops and "that leftover baked potato in the refrigerator—you can warm it up." I asked her if she was sure she meant baked potato; I'd never heard of a warmed-over baked potato.

Pat Lawford overheard and said it would be delicious—you scoop out the inside, put it in a double boiler, add butter and salt and mash it up. I rushed out to Arthur and told him we had to retrieve the baked potato we'd thrown out. He went through the rubbish barrel and found the baked potato. I washed it off and cooked it according to those instructions. After dinner, Mrs. Kennedy said, "The lamb chops were so-so, but the baked potato was *delicious!*"

Spending the night here was not very restful. Mrs. Kennedy kept fussing: Was I lonely? What was I doing? At 10:30, she said she'd take a little walk around the circular drive in front. The weather was bad, and after 20 minutes I wen to look for her. She was gone! I frantic. Then I saw her off toward Sound. She had gone down to the b Twice during the night she knocke my door to see if I was all right. next night, when I left to go back t cottage, I felt as if I hadn't slept in days.

PALM BEACH, FALL OF 197(THROUGH SPRING OF 1977

Thanksgiving turmoil. There ar people here in all: five Lawfords Kennedy (Ethel's oldest), plus guests. Nellie baked five chocolate c We bought a 22-pound turkey Thanksgiving dinner and had hal over. Friday morning I discovered someone had stolen the turkey, l and all, during the night.

By Monday morning, the house lo like an abandoned bomb shelter. Kennedy in tears because it wa messy, but she refused to have a c ing woman. We had an argument, a finally hired a cleaning woman for day only.

Nellie resigned as usual this mor She says she will not work 18 ho day. How did I get *into* all this?

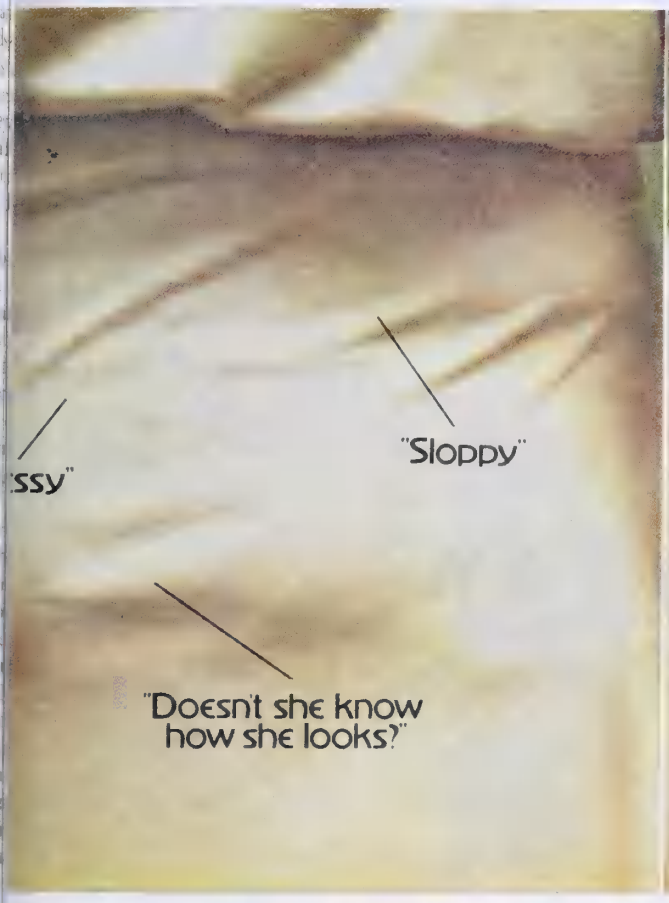
And Mrs. Kennedy, with her u pected charm, can be very deligh This afternoon she called me into bedroom; she was trying on the dr she had bought in Paris and she wa me to look at them. One was a bea black taffeta skirt with black chi peasant-style blouse. Over it was a l velvet bodice made of gold, em dered with velvet flowers. Mrs. Ken put it on and looked fabulous i I said, "Mrs. Kennedy, you look th eight!" She said with a teasing s "You mean twenty-eight, don't you

Mrs. Kennedy is suddenly in spirits. She said to me this mor "Did you hear that they want me t an interview with ole-lady Car [Miss Lillian] . . . Ole lady! "Mayb do it," Mrs. Kennedy told me.

Easter. Caroline Kennedy came Sunday, then more of Kennedy c arrived. When Ruth, the new maid, all those people appear, she quit-walked out during the night with suitcase. So no maid again! Photo phers have been sitting in a car ac the street all day; they go to the b and won't leave Caroline alone. T stopped Mrs. Kennedy, and she them she was a tourist! I asked Kennedy, "Was it always like this?" said emphatically, "Yes!"

With no maid, Mrs. Kennedy says grandchildren will have to do the ho work. At noon I looked out the win into the courtyard and saw Caroli a bathing suit, on her hands and k scrubbing the rubber mat *(contin*

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ROSE DAYS

continued

from the breakfast room. Mrs. Kennedy, with her hat on, was standing over her, supervising.

Grandchildren just won't use plastic glasses! Mrs. Kennedy told me: "I will *not* take that sort of gas! They will drink out of plastic glasses or go thirsty! There is no reason to take good glasses to the swimming pool and tennis court." She shut the four-dollar glasses away in a cabinet. Every once in awhile she says a current word like "gas." Another favorite is, "I'm in a crunch." The other day she said someone was "in the john." I said, "*What?*" and she put up her chin a little and said, "Well, that's what everybody else calls it nowadays." But I never heard her use that expression again.

Mrs. Kennedy and Nellie had words again this morning. Nellie is furiously banging pots around in the kitchen. I was met with a deluge of plumber, electrician and telephone man problems—a dozen things have gone wrong. I've been chauffeuring various Kennedys to airports and back, correspondence is piling up. Mrs. Kennedy asked me today what I do! She said that I am getting cross lately. She is right!

HYANNIS PORT, SUMMER 1977

Last night one of Ethel's eight dogs attacked Mrs. Kennedy. She came into the kitchen, her teeth chattering, Nellie told me. "My dear," Mrs. Kennedy said to me later, "he had me on the ground!" This morning Mrs. Kennedy's hip is sore. She wants me to call Ethel and tell her to send the dogs home. Mrs. Kennedy told me: "I am not up to getting into it with Ethel this summer."

Mrs. Kennedy playing "Sweet Adeline" on piano; that's her favorite. The Senator came over with fish he caught—a huge bluefish and a striped bass. Jean Kennedy Smith is here with her children. We have an extra maid. Jean Smith will pay the maid's salary. "Let *Jean* pay for the extra maid," Mrs. Kennedy said. "Mr. Kennedy left her plenty of money. He made her rich!"

Jackie came for dinner last night; we all ran around fixing flowers, getting out the linen placemats. Nellie cooked *beouf à la mode* with brandy. She also made a coffee mousse, using Sanka, so Mrs. Kennedy could have some, too. Everyone wants to please Jackie, and Jackie is so nice to everyone; she treats even the children with dignity. Nellie was especially cheerful this morning: she told me that after the coffee mousse was served, Jackie said, "Oh, Nellie, you could take a leaf from one of those trees and turn it into something fabulous!"

Mrs. Kennedy has a way of inspiring people into doing things for her. Today I came back from lunch in Hyannis and saw Bob Luddington—he's an interior decorator from Boston—getting out of his car with Mrs. Kennedy. He looked rather bemused. Mrs. Kennedy went into the house and I said to Bob, "where have *you* been?" He said he had merely come that morning to talk to Mrs. Kennedy about the curtains for her bedroom and before he knew it, he was driving her to church. "What am I *doing?*" he said to me. "I just attended Mass—and I'm not even Catholic!"

Ethel's sailboat sank with 20 people aboard—the whole Moveable Feast! Too many people for that boat, it seems. The police called me at about 2 P.M. The boat was not too far from shore and everyone was floundering around in the water with the hampers of food! A $65,000 boat! It went right to the bottom. (It was later retrieved and repaired.) Buddy Hacket, the comedian, who was visiting, didn't go; he hates boats and was in Ethel's kitchen making chili at the time of the accident. Mrs. Kennedy was taking her nap during this: I peeked in and was relieved that she hadn't awakened.



The Kennedy clan gathers for Caroline's high school graduation from the Concord Academy in Concord, Massachusetts.

Art Buchwald is visiting Ethel. I took a bunch of the Kennedy children a nudist colony at Martha's Vineya Mrs. Kennedy came in and told me, a said that Ethel had told Art Buchwa "I'm never going to trust *you* with r children again!" Mrs. Kennedy, laug ing, said that Ethel had asked eig year-old Patrick Kennedy, the Senato youngest, if he'd looked at the peop Patrick said no, he'd kept his hands ov his eyes.

I typed a Russian fairy tale manuscr for Jackie and took it over to her. Jacl was on the porch reading, weari slacks. When I came in, she bound up—she always gets up for people a is very polite. I also gave her some c cranberry glass vases that Mrs. Ke nedy had taken down from the att just in case Jackie could use them. Jacl said, "I guess she'll never be happy ur she gets that attic cleaned out. But do worry, just bring over everything, it's right. I'll put it all in *my* attic. I like c attics full of things to rumma through." Caroline's former govern was there. Jackie keeps people on years in some capacity or other. She tates her servants so they all have so vacation time at the Cape. She had maid who got married and had a ba last year, and then came up to Jacki with the baby for a vacation. The oth day I was at Jackie's and that very sa former maid was there with her *seco* baby, who was in a playpen in t kitchen.

The Kennedys threw their annual pa this Labor Day weekend. It was a young Joe Kennedy's birthday. A la party had been planned, and at the l minute the gardener quit, leaving t lawn unmowed. Ethel's secretary call me frantically; she couldn't find anyo to mow the lawn, did I know of anyon Mrs. Kennedy, overhearing this conv sation, said to me: "One consolatio I'm leaving all this very soon! If y were smart, you'd leave, too!" Nobo mowed the lawn. They also held a dan on the tennis court at the same tim and Joe Kennedy somehow managed break his ankle. Nobody can figure c how.

Mr. Luddington was here again, d cussing decorating plans with me. V heard singing coming from the kitche He looked at me strangely, and sa "What's that?" "That's Nellie and M Kennedy," I said. "Their favorite so is "Danny Boy."

Doris Kearns Goodwin, who wrote book about Lyndon Johnson, came f dinner here Saturday night with her hu band and the Senator. After dinner th all went to the Irish Pub in Hyann Mrs. Kennedy went, too, *(continue*



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ROSE DAYS

continued

they took Nellie along with them. The Senator likes to with Nellie: he says she's "a great cook and a helluva er."

hey came home at one A.M. and sang Irish songs in the eway in front of the house. Mrs. Kennedy was sick the day, and on Monday, too. I called Dr. Watt Monday said that I wanted a nurse for her, that she'd been out at Irish Pub Saturday night until one A.M.

r. Watt said, "She *what?*" He said nobody would be- it. Then at four P.M. Mrs. Kennedy rallied, dressed and t out in the rain, brought some tourists back to the se and gave them a personally escorted tour of the en- compound!

ere have been so many endearing moments to remember. When I looked out the window one afternoon and saw her her arms up in front of her, jogging in place (since yone else is doing it these days), hearing her and Nellie "Danny Boy," hearing her play the piano for Rose- y. . . .

nd yet, something had come to an end. At the close of season in Hyannis in 1977, she was very uncertain as to t she really wanted to do—go back to Palm Beach to live hat big house again, or go to live in Washington, D.C. be near her children. So I decided to quit and stay here he North with my son, who had indicated that he would his friends and his school very much.

rs. Kennedy and I were a little awkward with each other ay, just before she left for Washington—without me. I doing her nails an hour beforehand, and it somehow ned sad and intimate. She was saying she was going to me, she appreciated our years together. We talked ut my son Kevin, too. Her hand started to shake and I she was getting a little too emotional, so I laughed and , "Oh, don't worry, Mrs. Kennedy, you'll see me again, 're not rid of me." When she got into the car, she would kiss me goodbye, as she always had done, but sat up straight, looking ahead.

rs. Kennedy has been in New York for a week. She tele- ned me today at my cottage and said that she had hurt knee and was unable to walk. "How could that happen me," she said, "after all that walking around Hyannis t, up hills and on bad roads?" I told her she is just not a girl. She laughed and said, "God bless, Barbara, you are ays in my prayers."

week later: Mrs. Kennedy telephoned me again from v York: Will I please send her the gold shoes. She wants wear them with her new, shimmering orange evening ss. She is going to a ball. I wonder what happened to t knee!

ANNIS, JANUARY 18, 1978

o we have parted, Mrs. Kennedy and I, after three years. ear from her in bits and pieces . . . a small, handwritten e on a scrap of paper asking where some item she was un- e to find is located in the Palm Beach house (she finally t there after all).

will be vacationing in Palm Beach for a few days next k and I intend to telephone Mrs. Kennedy to ask how is. I know she will demand that I come over and see . And once I get there, she will pretend I have never and she will give me some job to do, some errand to run. ll I say no to her? Of course not! How can you refuse se Kennedy? Or, more important, how can you ever for- her?

End





Blue sky and the soaring Rimrocks in Billings, Mont., are the setting for this dessert spread: a gingerbread made of whole wheat flour; chocolate-zucchini pound cake; grasshopper soufflé; fresh fruits with Devonshire cream.

FOOD WITH A VIEW

From Montana's big sky country, a cookbook of vivid imagination.

Cookbooks selected for this wide-ranging series all have a clear purpose and reason for being. This month's entry, *Art à la Carte*, published by the Yellowstone Art Center in Billings, Mont., is a good example. It is far from your ordinary collection of soup-to-nuts recipes; rather, it's an imaginatively compiled selection of recipes devoted solely to vegetables and desserts. It was the feeling of the art center's cookbook committee that these two menu categories are too often given short shrift, so they made it their goal to offer truly creative alternatives. We think they succeeded in grand style and so paid a recent visit to this land of exhilarating open space and soaring spirit for a closer look.

Of the nearly 100 vegetable recipes, ranging from artichokes to zucchini, we selected four unusual ones, including pepper-cheese zucchini, a spicy casserole guaranteed to cure jaded palates. Passing over the ten spinach recipes (with difficulty) and five for asparagus, we also sampled a marvelous mushrooms in sour cream dish that's certain to become a permanent entry in the luncheon category. We did our vegetable photography at the home of Joan Scott, a beautiful, modern home tucked away in the wild woods country outside Billings.

Desserts, as always, were harder to edit down, so we did two settings of four recipes each in locations that again gave us a feeling of the vast openness in this country. The single most memorable sight in Billings is the straight-arrow, horizon-to-horizon palisades, called the Rimrocks, that loom over the city. It was at their base, on the cantilevered deck of Mary Jo Johnson's house, that we *(continued)*



Vegetables al fresco, from front: Stuffed tomatoes and onions; mushrooms and sour cream; piquant green beans; pepper-cheese zucchini casserole. Members of the Art Council, from left: Nicoll Brinley, La Donna Fehlberg, Dodie Cox, Lornel Baker.

Photographs by Ken Regan/Camera 5

uess who helps turn out light, fluffy pancakes.



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Pies in the pines, from left: Blum's chocolate coffee; walnut-sour cream chiffon (a particular favorite here at the JOURNAL*); apple butter pumpkin; slice 'o lemon. Members of the Yellowstone Art Council seek shade for coffee.*

Vegetable and dessert recipes for every meal.

photographed a collage of gingerbread (marvelously moist), grasshopper soufflé, and fresh fruits with Devonshire cream. The latter is infinitely variable depending on available fruit (Mrs. Johnson happened to have a yard full of red raspberries), with the cream quickly made of cream cheese, whipping cream, vanilla and sugar. A dessert for all seasons, but especially for the hot summer's day during our visit.

Our second dessert collection was a selection of pies, including a walnut-sour cream creation that would draw sighs of admiration from the most sophisticated crowd. We went to the top of the Rimrocks for this picture to the home of Louise Randack, who probably has one of the greatest horizon-stretching outlooks we've seen in our travels.

Benefiting from sales of *Art à la Carte* is the Yellowstone Art Center (Yellowstone, by the way, is not only the name of the park but of the river, which runs through town). Imaginatively housed in what was once the city jail, the art center offers a choice permanent collection of Western art as well as distinguished traveling shows—on view when we were there was the famous Great Northern collection of Indian portraits. And as one would expect from this prosperous, cosmopolitan city, the museum sponsors all kinds of classes and lectures in serving its statewide public. The Art Center Associates are a dynamic group full of ideas imaginatively expressed—as witness their museum and their handsome vegetable-dessert cookbook.

For recipe samples and a coupon to order your complete copy, read on, at right.—JOHN STEVENS

YELLOWSTONE GINGERBREAD

pictured on page 80

¾ cup salad oil
¾ cup honey
1 cup molasses
3 eggs
3 cups unsifted whole wheat flour
1 tablespoon double-acting baking powder
1½ teaspoons cinnamon
1½ teaspoons cloves
1 teaspoon ginger
1 teaspoon salt
2 cups milk

Preheat oven to 350° F. Grease a 13x9-inch baking pan; set aside.

In large mixer bowl, mix oil, honey, molasses and eggs until well combined; set aside. Combine the dry ingredients and add to the honey mixture alternately with the milk. Pour into a prepared pan and bake for about 50 minutes or until toothpick inserted in center comes out clean. Cool on wire rack. Cut into 16 pieces. About 335 calories each. *(continued)*

TO ORDER YOUR COOKBOOK

Art à la Carte contains nearly 250 recipes on 93 pages. The spiral-bound book includes an imaginative variety of vegetable and dessert recipes for every possible occasion. To order your copy send $5.50 (which includes postage and handling) to:

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)OD WITH A VIEW

continued

CHOCOLATE ZUCCHINI CAKE
pictured on page 80

cups unsifted all-purpose flour
cup unsweetened cocoa
teaspoons double-acting baking powder
teaspoons baking soda
easpoon salt
easpoon cinnamon
cup butter or margarine
ups sugar
ggs
ups grated unpeeled zucchini (about ½ pound)
easpoons grated orange peel
easpoons vanilla extract
cup milk
up ground walnuts

cup confectioners' sugar
ablespoon orange juice
teaspoon grated orange peel

nerously grease a 12-cup Bundt set aside. Preheat oven to 350°F. medium bowl, combine first 6 in- ents; set aside. In large mixer bowl mixer at medium speed beat butter argarine and sugar until light and . Add eggs and continue beating well mixed. Stir in zucchini, orange vanilla. Alternately stir in dry in- ents, milk and nuts. Pour into ed pan. Bake for 1 hour or until pick inserted in center comes out . Let cool in pan on wire rack 15 tes. Invert to remove. Spread with ge glaze (see below) while cake is warm. Makes 16 servings. About calories each.

r Orange Glaze: In small bowl, ine confectioners' sugar, orange and peel; stir until smooth.

DEVONSHIRE CREAM
pictured on page 80

kage (3 oz.) cream cheese, softened
p whipping or heavy cream
aspoon vanilla extract
ectioners' sugar to taste
tion of fresh fruit (see below)

small bowl, beat cheese until soft- Gradually add cream to make a th mixture. Add vanilla and sugar sired degree of sweetness. Makes t ¾ cup. About 25 calories per table- without fruits.

rve with fresh strawberries, pine- chunks, apple slices, orange seg- s, grapes, sliced bananas or any fruit that suits your fancy.

GRASSHOPPER SOUFFLÉ
pictured on page 80

elopes unflavored gelatin
s water
sugar
s, separated
kage (8 oz.) cream cheese, softened
p creme de menthe
heavy cream, whipped

a 3-inch collar of aluminum foil d the top of a 1½-quart soufflé dish- re with tape; set aside.

In saucepan, place gelatin and ½ cup water to soften. Add remaining water. Stir over low heat until dissolved. Remove from heat; blend in ¾ cup sugar and beaten egg yolks. Return to medium-high heat, bring to a simmer and lower heat; cook 2 to 3 minutes. Remove from heat and set aside. Cool.

Place softened cream cheese in a 1½-quart mixing bowl. Gently whip with electric mixer. Gradually add the gelatin mixture to the cream cheese, mixing until well blended. Stir in creme de menthe. Chill until slightly thickened.

Beat egg whites until soft peaks form. Gradually add remaining ¼ cup sugar, beating until stiff peaks form. Fold into chilled mixture. Beat whipping cream until stiff and fold into gelatin mixture. Pour into prepared dish. Chill until firm. Remove foil collar before serving. Decorate as desired. Makes 8 to 10 servings. About 255 calories for each of 8 servings; 200 calories for each of 10.

BERMUDA ONIONS WITH CORN BREAD-SAUSAGE STUFFING
pictured on page 80

6 large white Bermuda onions (about 3 lb.)
½ pound bulk pork sausage
¼ cup chopped celery
1¼ cups dry corn bread stuffing
¼ teaspoon thyme
Water

Cut ½ inch off stem end of onions. Drop onions into slightly salted boiling water. Boil 20 minutes. When cool, remove

(continued on page 147)

Free, gray and 51.

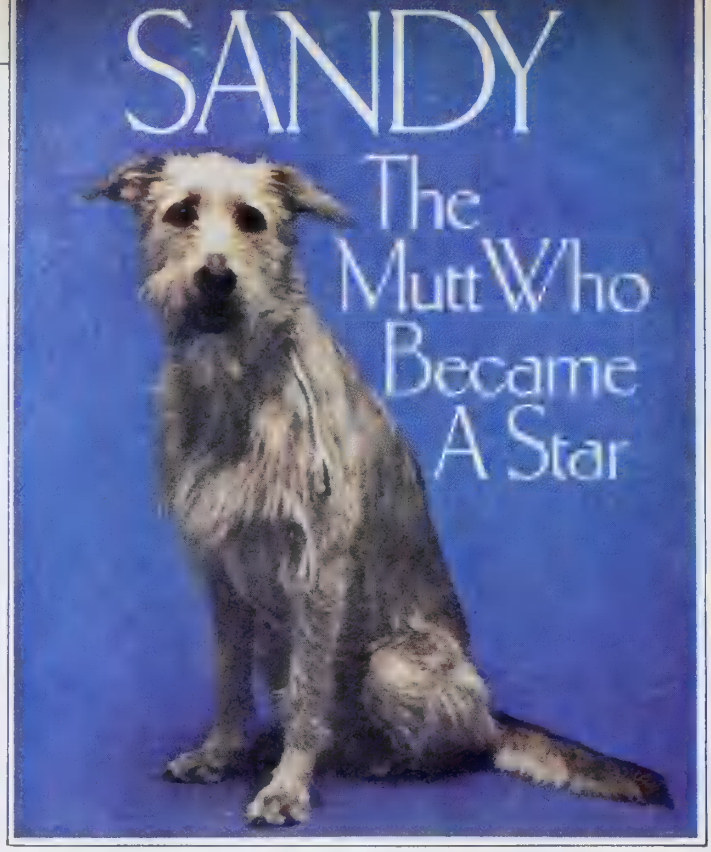
I'm not 29 anymore. I've done a lot since then. And my gray hairs prove it! But I'm proud of them. That's why I show my gray off with Silk & Silver® from Clairol. It's the haircoloring lotion without peroxide. I just shampoo it in and for a whole month that yellow tinge is gone. Silk & Silver leaves my gray full of sparkly silver highlights. And its conditioners make my hair soft, too!

I like the way I look. Love the way I feel. And you know what? I wouldn't be 29 again for the world.



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Gives your gray the spunk nature left out!



"Little Orphan Annie's" dog tells his own story—in his own words. By Allison Thomas and Bill Berloni

First, Annie became Broadway's #1 hit musical. Now it's destined for the screen. Will this new book about its wags-to-riches supporting star also hit the best-seller lists?

They tell me a cat can look at a king. Well, I have shaken paws with two presidents of the United States, one vice president, and more governors than I can wag my tail at. I made Bob Hope laugh. I have worn my black bow tie to a White House reception, at which I entertained President and Mrs. Carter, and they entertained me. I guess you'd call me a star. But I wasn't born a star. I was a mongrel pup[illegible] which is happy now, has had its awful moments.

I was born in a barn, sometime late in 1974 in northwestern Connecticut. My mother was the farm airedale and she worked hard, guarding the chickens from the foxes and weasels. Dad was a big dog, at least part Irish wolfhound, because I've inherited his wolfhound face. I had two sisters and a brother, and we were happy, healthy, lively pups. But the farm needed only one working dog and my mother was it. One by one, my sisters and brother said goodbye and went off to new homes, until only Mama and I were left.

In the spring, a family of cousins visited the farm for a week. I fell for their little boy David, and he fell in love with me. He begged his mother and father to adopt me, and finally they agreed. I was going to have my own home. And soon I even got my name. David's family lived near Bridgeport, but they had rented a summer place on Long Island Sound. David had been calling me "Doggie," but when he first saw the beach, he said, "Look! The sand is exactly the same color as his fur. I'm going to name him Sandy."

That summer was wonderful. David and I spent most of the time at the beach, chasing after a yellow beach ball, running after each other and knocking each other over in the soft sand.

And then the summer came to an end, and with it so did my happiness. One terrible day, David and his parents left without me. I saw David being half-dragged, half-carried to the car, yelling "Sandy! Sandy!" as if his heart would break. I ran towards the car and chased it up the road for as long as it was in sight, but in a few minutes, it had disappeared. I limped back to the house and crawled under the porch, scared and bewildered. I remained by the house for several days, waiting for David to come back, but I was getting hungrier and [illegible] and there was nothing for me to eat. The house was locked; my bowl was empty. My stomach kept growling for food, and suddenly, I knew that I was *alone!* I had to go and find food before it was too late.

The only other place I knew of was the farm, but that was so far away. Still, it was the only place to go.

The next weeks are a painful blur of unkind words and stones chucked at a skinny stray dog. I was even attacked by other dogs. Once I was badly wounded. I was so miserable that I lay down to die. And then—a man's kind voice! A man was patting me and picking me up and carrying me into a warm house and I fell asleep filled with food and the memory of kind hands.

When I woke up, I found myself in a cage. I was in luck. Of all places to collapse, I had accidentally found the driveway of an animal hospital. It was the doctor who had found me, patched me up and fed me. I stayed there for about a week but soon the doctor was needing the cage for another dog and he kept trying, without success, to find me a home.

Then, one day, the doctor brought a young woman to see me. She had a nervous, anxious face. But she looked me over and told the doctor I'd do, and came the next day to pick me up in a van. We drove to her flower store, and it was filled with the most wonderful colors and smells. *(continued on page 183)*

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JANE FONDA: Trying To Be Everywoman

Yesterday's radical politician is today's dream girl, whether she likes it or not. A writer looks at Jane Fonda and finds a complicated woman still trying to make peace—but this time with herself. By Barbara Grizzuti Harrison

Dressed, without regard to fashion, in severely plain, utilitarian blue denim, she loped gracefully along; her long, sexy stride and that abundance of frizzy, tangled, honey-colored hair made her clearly recognizable, even from the back. I panted far behind, my lungs—congested with bronchitis—slowing me to a snail's pace. She stopped, saw that I could hardly keep up with her and doubled back to relieve me of my suitcases: "That's okay," she said, "I'll carry these and take care of getting us on the plane. You just take it easy." I liked her so much for that—a vital, female animal, she displayed none of the contempt of the healthy for the infirm. But the next day, when I commented on her unflagging energy, she drawled, "Well, I don't ever have any horrible diseases, like *bronchitis*, or anything."

On the flight from New York to Los Angeles, recognizing my abject fear of flying, she offered to hold my hand on takeoff. How nice, I thought. She *is* good. But later, when I ordered a double scotch on the rocks to take the edge off my fear, she said to the stewardess, in a voice unmistakably tinged with mockery, "I'll have a double *orange juice* on the rocks." Then she turned to me and said softly, "There's very little to be afraid of."

The next morning, when she introduced me to her four-year-old son Troy, she said: "Hi, hotlips. This is my friend Barbara. She's afraid of airplanes, isn't that silly?"

"I told you not to call me hotlips, dummy," Troy said—and rammed his head into her flat stomach. I was beginning to feel most uncharitable.

Jane Fonda confounds me.

She has a straightforward gaze, her body is quick and lithe as an arrow and her bold, uncompromising certainties are delivered in a voice that brooks no nonsense. I wanted to like her—and, to tell the truth, I wanted her to like me. It didn't happen.

She talks, in a rich, fruity, authoritative voice, with a kind of practiced passion (she has said it all before; all the questions, she says, have been asked before). When her answers are ample (they are seldom effusive, and always carefully measured), they sound more like those of a political campaigner than those of a woman engaged in self-exploration.

She regards herself as "an example to other people"—as living proof that it is possible to be wife, mother, superstar and political activist. Being an "example" obliges her to present herself as absolutely happy, whole, full of what she calls "joyous certainty." She does not welcome questions that intrude upon that certainty, and fends them off with accomplished ease. "I am in complete control of my life," she says. "I am *not* uncertain; I am *not* neurotic."

So formidable is her personality, it seems almost a failure of taste to wonder if her life can possibly be as "stable, harmonious and wonderful" as she claims it is.

The fact is, I have never met anybody who exerted so little energy to be charming . . . or who, having apparently arrived at all the answers (having, as she says, found "a structure of belief"—asked so few questions.

"Here," she says, flinging open the door to her compact station wagon, "are my groceries." She exhibits several supermarket bags as if they were trophies. "There's a turkey in that one which I'll cook myself—and there's stuffing and there's. . . ." She recites her grocery list.

Then, as we climb into the battered seven-year-old vehicle for a drive from her house in Santa Monica to her son's play group in the neighboring California beach community of Venice, she recites a well-worn litany: "I have been up since seven-thirty A.M. to make breakfast for Troy and Vanessa. [Troy is her son by husband Tom Hayden; 10-year-old *(continued)*

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JANE FONDA

continued

Vanessa is the child of her first marriage to French film director Roger Vadim.] I had to shake Troy to wake him. I had to tell Vanessa to brush her teeth six times. She is stubborn and obstinate, just like me when I was a kid. We had a health food breakfast. We always have a health food breakfast: tortilla toast, bacon, buckwheat, granola. Troy understands that junk food is a political issue." (He does? That's more than any four-year-old of my acquaintance understands—and, later in the day, Troy's behavior will suggest that Fonda is perhaps too sanguine about her son's political sophistication. In the afternoon, Troy will whine and kick her in the shins and punch her in the stomach and demand, "Where's my candy, dummy? Where's my candy, dummy, dummy! I want my candy." This unseemly display will occasion some embarrassment on Fonda's part—and, unless I am very much mistaken, will account for an increasing chill-factor between us; I am not meant to witness such an incident.)

Everywoman . . . but

Jane goes on and on, discussing her child-centered, husband-centered plans for the day. I feel as if I am with a middle-class suburban mother. But every time my eyes are drawn to her profile—that strong jaw (so like her father's), I am jolted by the recognition that this isn't just any housewife: This is Jane Fonda, who can't escape being Jane Fonda, no matter how plebian her activities. And no matter how hard she works to present herself as Everywoman, the fact is, she is Everywoman—but with a difference.

She lugs her dirty clothes to the cleaners (somewhat ostentatiously, perhaps); she refuses all offers of help ("I'm never tired"); and she does not allow herself to see that this is a public demonstration of domesticity; it is, for all who witness it, an Event. One of the ironies of Fonda's position is that everything this superstar does to convince people she's ordinary serves merely to convince them that she is an interesting anomaly. She calls to herself the very kind of attention she claims not to want.

She washes her own dishes. (One young journalist who watched her do so told me, "Somehow I kept getting a feeling of 'See Jane Fonda. See Jane Fonda wash the dishes.' And yet she *does* wash the dishes. It was somehow like watching her play a role in the movies. Very convincing, and you knew she was living the part—but it was still a role.")

She stands on supermarket lines—in a transparent tie-dye shirt, through which her firm breasts, made famous in the erotic science-fiction film *Barbarella*—are clearly visible. (Yet Fonda speaks with repugnance of the days when she allowed herself to be a "sex object.") She takes Troy to the Y for swimming lessons and takes her turn as "mother's helper" at his pre-school play group—where his best friends are named Ozone, Huckleberry and Pooh. (She forgets the teacher's name.)

She lives in what her father laughingly refers to as a "shack." (The "shack," originally purchased for $40,000, has been considerably enhanced by an elegantly designed redwood platform in the back garden, which she and Hayden use for gatherings of members of their political organization, The Campaign for Economic Democracy (CED)—a multi-purpose, grassroots organization that grew out of Hayden's unsuccessful campaign for the United States Senate, and whose aims are either liberal or "revolutionary," depending on who is speaking or who is being spoken to.) When she is not in residence at the "shack," she has the option of retreating to a 120-acre ranch in Santa Barbara, where her kids can ride horses, and where her tenant, singer Cat Stevens, pays an astronomical rent.

Jane regales all comers with stories of how she has chosen to forfeit affluence and privilege for the joys of working within a loving community of political activists and organizers—"the most wonderful, brave, committed people I have ever known." Still, she remains an acknowledged member of the Hollywood aristocracy. She esteems gr pickers who make $80 a week ("lead heroic lives"); and she in Julie Christie to a Thanksgiving di celebration.

It seemed to me, when I was her, that Fonda was comfortable people she regarded as oppressed, the organizers of the oppressed, with the Hollywood aristocrats whom she grew up—and didn't k know what to do with anybody wh in between.

Nevertheless, as well as she gets a with her Hollywood friends, it is in her frame of reference to res a person who is "only an actor."

Stronger than politics

Being "only an actor"—even a g one—is not, by her lights, a cons mation devoutly to be desired. Sh however, willing to make excepti Her father, for one, even though have in the past publicly disag over politics. She calls him an solutely decent" man. Her bro Peter Fonda, is another exception- I find this inconsistency in her natu very appealing one. He comes in f fair share of her love in spite of yacht and his easy living (manif tions of the materialism she deplor others less dear to her). Peter, says, is a "cosmic thinker"; he " inequities so viscerally, he doesn't k what to do about them . . . he helpless and impotent." (But Fo except when she is talking about P has no patience with political apa . . . Blood, evidently, is stronger politics.) I find her *(contin*

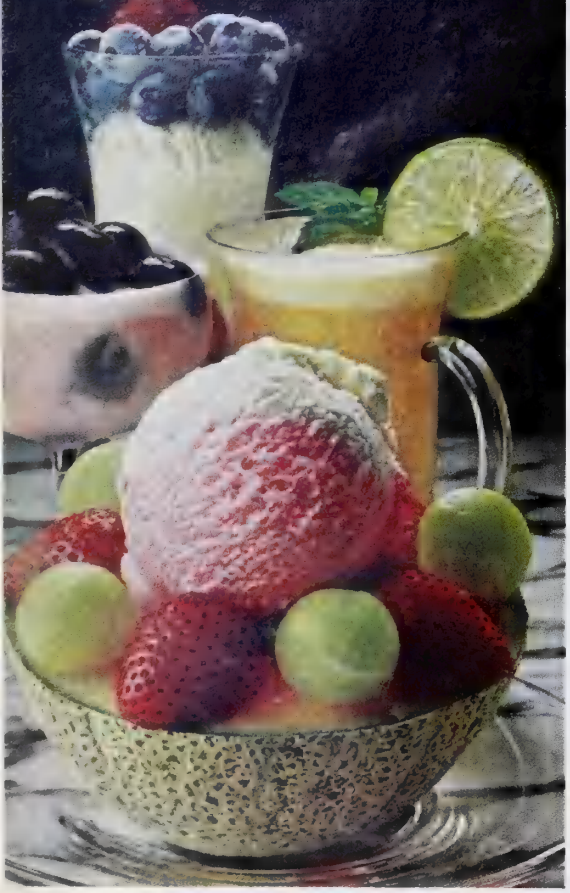


"If I get into trouble before dinner, what will I have to go to bed without?"


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JANE FONDA

continued

exacerbated her sense of the contradictions inherent in her life.

In 1973, when Fonda married Hayden, they bought their "shack" in Santa Monica—where she is surrounded by assembly-line workers, writers, hippies, plumbers and (such are the vagaries of life and real estate in Southern California) millionaires. Among them is her ex-husband Roger Vadim, who is making a film in Hollywood, and with whom their bilingual daughter Vanessa spends much of her time. Fonda acknowledges that her neighbors were "leery" of her when she first moved in, but she thinks they began to like her when she became pregnant with Troy, and she thinks they accept her. "I'm not there in the way they are, because I go off for long periods of time, but when I am there, I'm *really* there. I schlep around just the way they do; I don't have servants. I throw out my own garbage."

Mellow Jane, happy in her shack—which is a block away from the unpolluted ocean, and has a wraparound porch, rooms painted in bright kindergarten primary colors, and eclectic-organic decor: some really fine antique furniture; some comfortable thrift shop furniture.

The Fonda-Hayden's double bed is a mattress covered with Madras cloth, the whole plopped unceremoniously in the middle of the bedroom floor, surrounded by dozens of plants; there are wall-to-wall books in the dining room, moderate-sized, cluttered children's bedrooms (a doll house in Troy's bedroom, which he does not play with; a lot of superhero dolls, which he does play with); everything altogether pleasant, designed for nuclear-family living, and a far cry from Beverly Hills elegance. Still, not what you or I might call a shack.

The 40-year-old woman who claims, now that she's found "a reason to live," not to fear aging or loss of good looks, the woman who throws out her own garbage (and who greeted Hayden, after a four-day absence from him, with an Edith Bunker narrative of how their German Shepherd, Geronimo, tore up the garbage sacks), feels that she has traveled a long way.

"Almost perfect"

She has, she says, "an almost perfect life—in these days of permissive sex, swinging and open marriage, I have a happy, monogamous marriage. But I suffer every day of my life for other people—not just poor people, but people whose lives are dead-ended, who have nowhere to go, who have no sense of purpose, who are deprived emotionally. It breaks my heart to se pain, those wasted lives."

Declarations like that can be as humane, even as saintly, or as timonious (and/or rehearsed). W find more revealing are her spontaneous utterances: "Shar having a baby," one of her friends called out to her as we entering her house. "*Terrific*," yelled back: "Another child fo Revolution." Dear me. I marched and no one has ever accused leaning to the Right, but I hav dom heard a less humane, more jerk ideological response to the of a child. And what, precisely, d mean by the "Revolution"?

No matter how much she talks talks and talks), I still find F politics liberal-left-fuzzy: She let (and appeared to regret it imme



Jane Fonda with Jon Voight in from their new movie, Coming H

ly) that Hayden might be runni the California State Senate. I prepared to like and to admire H but in my more cynical mome seemed to me that all of her p had become a means to that end end itself is not despicable and be said to cast doubt on Fonda cerity. What is disconcerting i few of Hayden's old friends can out exactly what he's up to—or w Jane's highly publicized housewi a means of endearing herself constituency. It's perfectly possibl course, that all things are true—th delights in her approximation of dle-class life *and* that she's play for all its political worth. What disconcerting is Jane's reluctan admit that she can't escape being Fonda. She always has the prerog of privilege and wealth to fall on: she can never be Ms. Averag is as trapped in her circumstan the rest of us are. She is in an e dinarily difficult position: She is ized, petted, cossetted— *(cont*

"Kenmore gets up the stuff ve leave behind. That's power!"



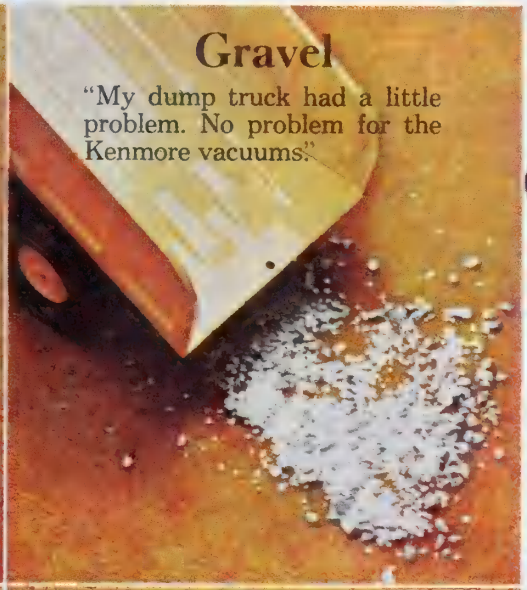
Dog hair

Kenmore beater brush e hair that comes off -and that's a lot."



Gravel

"My dump truck had a little problem. No problem for the Kenmore vacuums."



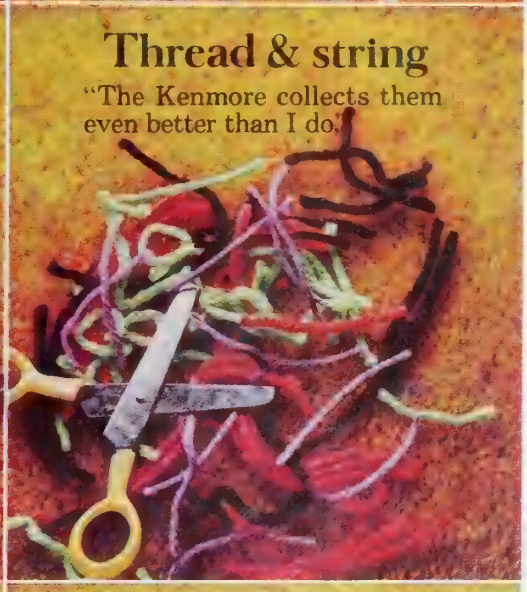
Crumbs

al attachments get way chair cushions. So do f my snacks."



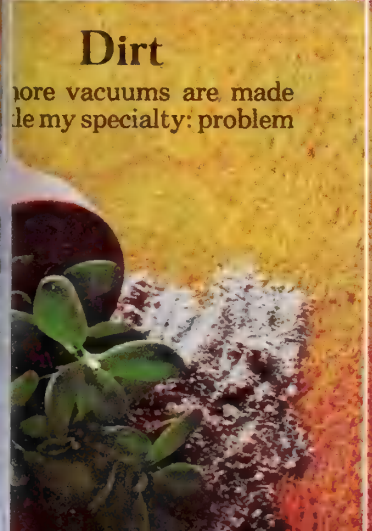
Thread & string

"The Kenmore collects them even better than I do."



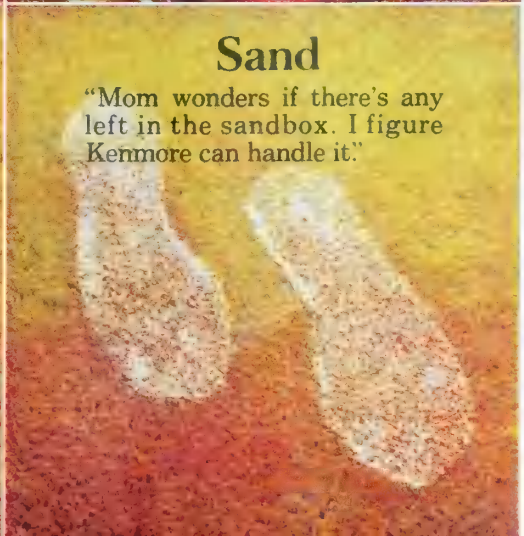
Dirt

ore vacuums are made le my specialty: problem



Sand

"Mom wonders if there's any left in the sandbox. I figure Kenmore can handle it."



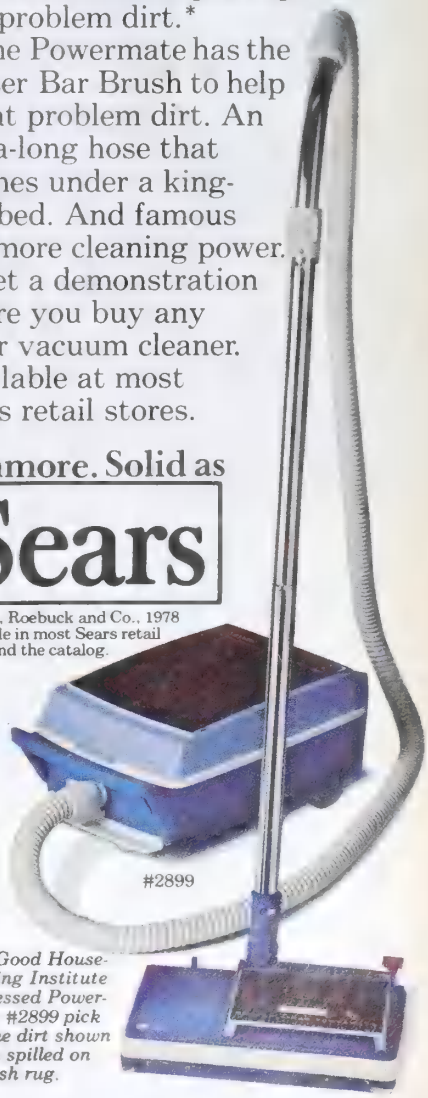
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JANE FONDA

continued

l she has chosen to throw in her lot h those less privileged than she, those ose approval she earnestly seeks. She s it all works together harmoniously. dmit that I'd have liked her better if once had said, "It's hard. I can't be things to all people." What in fact said was: "I don't have the luxury retiring to lick my wounds. I don't d to. I'm a role model. I have no unds . . . to speak of."

Hidden pain

Her mother was a suicide. She slit throat when Jane was 12. Jane s that her childhood was "idyllic." hen I asked her about her mother's th, she spoke of it flatly and with- emotion; her personality, she says, s "fixed" by that time, stamped with happiness of her earlier childhood, that she was not hideously scarred.

But a schoolmate at Emma Willard, osh prep school in upper New York te, remembers wildness and despair: he was first told that her mother died atural death. When a classmate told the actual circumstances of the th, Jane went berserk. She screamed d broke things and carried on and s in general inconsolable—as well she ght have been. Supposing Fonda's hoolmate's story to have been accu- e (and I have no reason to doubt r), why did Fonda conceal from me s she had concealed from others— e fact that she was, not unreasonably, d certainly not unbecomingly, acutely serable, distraught and bitterly un- ppy at the time? Why did she have protest so vehemently that she was *t* like Brooke Hayward (the daugh- of actress Margaret Sullavan, an- er Hollywood suicide), who con- ers her mother's death the most im- rtant fact of her own life? It often emed to me that, in her determina- n not to reveal any weakness, Fon- succeeded in rendering herself far re one-dimensional than if she had knowledged her pain.

What Fonda did say about her other may go a long way to explain r need for a cause, and her concern th the bread-and-butter issues of minism: "My mother was outgoing, endly, gregarious—a woman with lots potential and no way of expressing She could have been a great busi- sswoman. She lived in a time and in society that placed primary empha- on youth and beauty. When her uth and beauty deserted her, her ends deserted her; she had nothing. e had no substructure to support r."

The emotion Fonda did not allow rself to bring to her mother's death she brought to an economic analysis of women's condition (she is happier with the abstract—and safer, perhaps—than with the specific): "Women are treated with no dignity, they get no wages for housework, no workwomen's compensation; they have nothing to protect them. If their husbands leave them, they have nothing. And the lack of adequate child care is tragic." Fonda has managed, in a way, to sanitize her mother's death. She blames neither her mother nor her father for what happened: "If you live in a society that represses generosity and courage and social responsibility and fosters competition, competition is what you'll get. I don't believe these failures are part of 'human nature,' just as I don't believe that greed is part of 'human nature.' If you alter social institutions and social priorities, you begin to change people's basic nature. We live in a society that sets men against women."

After Emma Willard, Fonda went to Vassar. She dropped out after two years of bad grades. She was generally regarded as "boy-crazy."

No frills

On the flight to L.A. (economy class —millionaire Fonda disdains first-class frills), Jane told me more than I wanted to hear about multinational corporations—and less than I already knew. (I think she would have delivered the same monologue to a Democrat, a Republican, a Communist, *(continued)*

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Tiny baby fingers can easily grab hold of the soft, floppy ears. And squeeze the furry, foam-filled body.

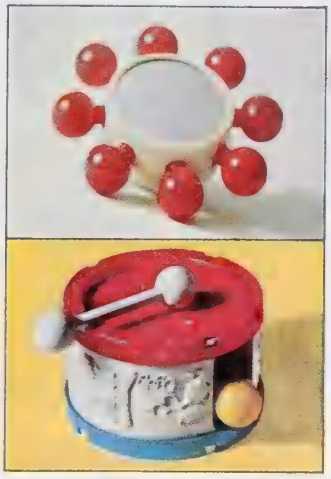
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Baby Bunny Ball is just one of three brand new baby friends in the famous Playskool line. Look for them all wherever quality toys are sold. Because it's nice to grow up among friends.

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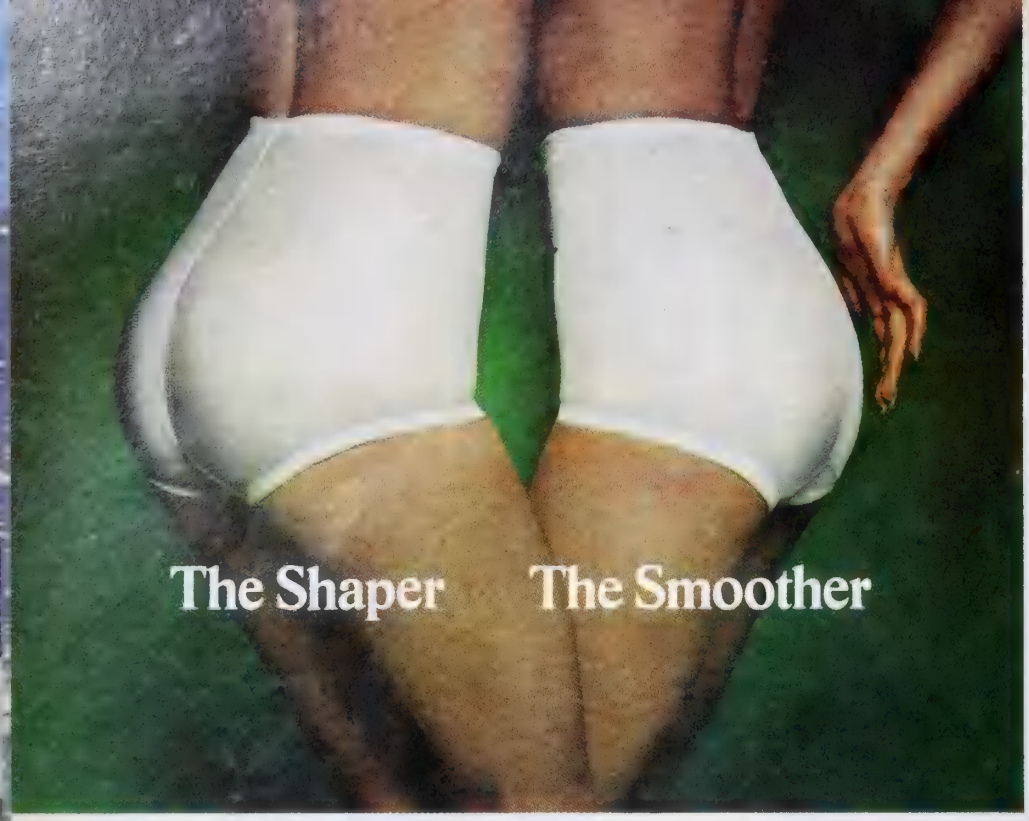
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Free Spirit® Fanny Briefs.
For a smoother, shapelier look in clothes.

JANE FOND

continued

a Nobel Prize winner or a little
mouse. When Fonda is politically w
up, she is sublimely unaware of th
dividuality of her listener.) Somew
over the Grand Canyon, she cons
to talk about acting:

"I might some day do a movie
for the heck of it, just for fun
only if it doesn't take up a who
of my time. It's more importan
me to make films that have a me
—like *Julia*. I thought I did pretty
playing the part of Lillian Hellm
Julia, even though I had to act the
of a frightened woman—and I
know that kind of physical fear. Pl
the part of a writer wasn't so
What I did to prepare myself for i
to read Hellman's play *The Child
Hour* up to about the middle o
second act, and then I wrote the
of it myself, as if Hellman hadn't
pleted it. So, in *Julia*, when I was
ing Lillian sitting at the typew
I actually *was* a writer. I wanted
process to be real when the car
were rolling. All those cigarett
smoked in *Julia* were made of let
by the way; I don't smoke. . . . P
always think I'm going to be a
on the set because I'll preach pe
all the time. But you talk to Ji
Caan. I just did a movie with him
we had a ball. I can dig his hum
don't live in a dark closet talkin
myself. I recognize that people ca
united by their common humani
don't alienate people who aren't
me. I don't talk politics with the
bear witness by the way I behave:
never late. I will never agree to
overtime unless I ask the crew if
want to first. I don't pull an egocen
movie-star trip. I try to remembe
be an example—just like when I'
the supermarket and someone ask
if I want to go to the head of the
I say no . . . usually I say no
course, there are exceptions. I wa
be like everyone else."

At the time of our meeting, I
just seen a non-edited version of
ing Home, a not overly subtle anti
film, its harshness redeemed by
Voight's brilliant, shaded, sensitive
formance as a paraplegic vet,
softened by an exquisite, lyrical
scene between Fonda and Voight
my surprise, Fonda, who co-prod
the film, told me she was conside
cutting the love scene from the
edited version, or substituting an
scene: "Clumsier lovemaking woul
truer, it ought to be fumbling and
ward; that stuff was too pretty." It
beautiful (and authentic), w
seemed to me a good reason for k

(continued on page

CORNING INTRODUCES)O-IT-YOURSELF CORELLE.®

livingware

Design a set of Corelle® livingware you'll have for years. Or add to the Corelle® livingware you've had for years.

With this handy, do-it-yourself planner, a set of CORELLE® livingware can be anything you want it to be.

A boxed 20-piece service for four. An unboxed service for eight. Or a complete service for 12, with two sugar and creamer sets.

You can keep everything in the same pattern. Or mix patterned dishes with white accessories. Or vice versa.

And don't worry about your pattern being discontinued. Even if it is, we'll stock it for at least two years after.

To use this planner, simply fill in how many pieces you want in the box next to the item and pattern of your choice. Then take this page to your dealer.

No matter what you choose, it's all the same CORELLE livingware. The incredibly-tough dishes with the look, feel and "ring" of china.

CORELLE livingware by Corning.
We designed the dishes.
You design the set.



Tested and recommended for microwave use by Corning.

Serving Platter

e Plate (10½") | Medium (8½") | Small (6¼") | 10-Oz. Bowl | 18-Oz. Bowl | 1-Qt. Serving Bowl | 2-Qt. Serving Bowl

Saucer

Stack Cup

Sugar and Creamer Set

Completer Set:



6¼" plates
1 Qt. serving bowl
Sugar & creamer with cover

Corelle LIVINGWARE by CORNING

Duncan Hines

Gayle—
I knew you really liked my pound cake when you asked for my special recipe. It's here on the Duncan Hines box.
Anne

DUNCAN HINES
DEVIL'S FOOD POUND CAKE
(Makes 12-16 servings)

1 pkg. Duncan Hines Deluxe II Devil's Food Cake Mix
1 pkg. chocolate instant pudding mix (4 serving size)
½ cup Crisco Oil* 1 cup water 4 eggs

Preheat oven to 350°. Blend all ingredients in a large bowl; beat at medium speed for 2 minutes. Bake in a greased and floured 10-inch tube pan at 350° for 50-60 minutes, until center springs back when touched lightly. Cool right side up for about 25 minutes, then remove from pan.

CHOCOLATE GLAZE: In a small saucepan combine 2 Tbsp. cocoa, 1 Tbsp. + 2 tsp. water, 1 Tbsp. oil and 1 Tbsp. corn syrup. Cook and stir over low heat until mixture is smooth. Remove from heat, immediately beat in 1 cup confectioners sugar. Drizzle over cake. WHITE GLAZE: Blend 1 cup confectioners sugar with 2 Tbsp. milk. Drizzle over cake.

*Crisco Oil is recommended as some other oils may cause the cake to fall.

Anne knows it's Duncan Hines layer cake mix that makes her pound cakes so moist and delicious. So cut out her special recipe and make it yours.



Try other pound cake recipes on Duncan Hines White and Orang layer cake mix packages.



EVERY OTHER MAN

Can a wife learn to trust a husband once she feels he has betrayed her? And could she possibly have prevented the infidelity in the first place? A woman psychiatrist's sensible advice for couples who have found that love is not enough.

By Mary Jane Bartusis, M.D.

Q. *I've heard that some men just cannot be faithful, no matter how hard they try. Can I realistically expect my husband to be faithful to me?*

It is true that some men seem unable to remain faithful. In fact, a survey last year reported that probably half of all American men had been unfaithful. But if your husband has a reasonably healthy personality, is attracted to you, loves you and has committed himself to you, you have a right to expect him to be faithful, just as he may expect you to be.

With marriage comes the vow to be faithful. The unfaithful husband betrays that vow—and, to some degree, the emotional commitment between him and his wife. Yet if a husband has a basically stable personality, his unfaithfulness, though painful to his wife, may not be that serious. Perhaps his infidelity was just a mistake, one that he and his wife can rectify with a lot of hard work. On the other hand, a husband may be the kind of man who, for various psychological reasons, cannot remain faithful. Or he may have been faithful at one time, but now seeks attachments outside of marriage. In the last two cases, the wife eventually will have to reach a difficult decision: should she reconcile herself to continued cheating, or should she disentangle herself from the marriage?

Q. *My husband always flirts with other women, even when I'm around. He says it's innocent fun; I think he's cheating.*

He may or may not be. Men who have flirted for many years sometimes find it hard to stop. If your husband always has flirted, this behavior may be a habit rather than a sign of cheating. When a nonflirter begins to flirt, however, it may indicate that an emotional crisis is brewing. In either case, your husband probably uses flirting to reassure himself that he still is sexually attractive.

Q. *How do I know if my husband has been cheating?*

There are no absolute answers. Th first clues can be very subtle ones. For example, patients often say to me: "Lately, my husband *(continued on page 186)*

Copyright © 1978 by Mary Ann Bartusis, M.D. From "EVERY OTHER MAN: How to Cope with Infidelity and Keep Your Relationship Whole," to be published by Thomas Congdon Books/E.P. Dutton.

FROM A NEW BEST SELLER

The Last Convertible

"And we weren't so scattered, really, that summer, the last summer we were all together, the last summer America was all together, that summer of '41."

By ANTON MYRER

EDITOR'S NOTE: The Forties, period of innocence and idealism—for many a secure, elite existence that would be shattered in the clouds of war and disillusion. Here, in a stirring excerpt from the forthcoming major novel by Anton Myrer, is all the golden glow of the class of '44 at Harvard—the big bands and the Lindy hop, the romance, the necking in parked cars, the dreams of success. The narrator is George V ir don, a small town outsider whose friends ar Eastern sophisticates. The flavor: pure gol nostalgia for all those who can remember th happy times, and for those who would hav liked to have been there.

The moment I saw the postcard on the hal



ble I knew who it was from, and why. It had ly one line, made up of letters of different pe faces cut out of magazines and pasted to- ther, like a ransom demand. It said: *BG— P—8/9—SB: DOBYS-FFF*. It had a Brew- er, Massachusetts postmark.

"It's addressed to you," my mother said ubtfully. "I couldn't help looking at it. I must say it doesn't seem to make a great deal of sense."

"That's okay." I could feel myself grinning. "It's a kind of code."

The following evening of course there was another postcard, typed on a German typewriter. This one read: *Oberhauptkommando Fuchs: Benny* *(continued on page 195)*

right © 1978 by Anton Myrer. From the novel, THE LAST CONVERTIBLE, by Anton Myrer, to be published by G. P. Putnam's Sons. Illustration by Frank Ackerman



SKIRT IT

Summer '78—the big skirt take-over. Where once you wore pants (town, country, day, evening), you'll now relax in soft and easy skirts. Here, ten terrific ones to sew. (Notice the graceful longer length.) Pair them with fresh little blouses, T-shirts, sweaters, blazers. By Trudy Owett, Fashion and Home Sewing Editor.



Reading across the spread, from left:

NATURALLY CHIC
Smart in-town look. Tweedy pebble-knit dirndl with rows of elastic at waist. Vogue #9918. Blouse by Porterhouse.

DRESSED FOR SHOW
Evening satin crepe in café au lait. Pleats open softly below hip. Vogue #1796. Blouse by Helene Sidel.

ROMANTIC FLOUNCE
English garden floral. In three full tiers to twirl when you dance. Drawstring waist. Vogue #7095. Ship 'n Shore blouse.

BASIC BUTTON-FRONT
Softly tailored, linen-y skirt in that great neutral: olive green. Vogue #7052. Shirt by Pulitz-her.

BUDDING CHARM
Adorable. French-inspired mille-fleurs printed cotton, gently gathered by three drawstrings tied in baby bows. Simplicity #8426. Shirt by IRKA.

Photographs by Neal Barr; hair, Deborah Tomasino; makeup, Polly Yau, both of Cinandre. Hats, Frank Olive; jewelry, LeCour Johnson; Hanes hosiery. **This page:** Fabrics by Held, left; Apsco, right. Shoes by Golo. **Opposite page:** All fabrics by Concord. Shoes by Maud Frizon, left and right; 7-Star Ballerinas, center.

Pattern and yardage information on page 204.





SEW IT SKIRT IT



Reading across, from left:

CASUAL SPORT

Good all-around skirt (replacing your jeans?). Comfortable wrap-and-tie. McCall's #5991. Lady Manhattan blouse.

PRIM WITH TRIM

Simple dirndl decorated with twin bands of lace (by Kahaner Inc.). No zipper; waist ties. McCall's #5948. Blouse by Gregory & Goldberg.

PRETTY PRINTING

Almost-to-the-ankle skirting for day or evening. Double drawstrings. Simplicity #8426 (another version on previous page). Blouse by IRKA.

EASY PANTSKIRT

For running around, a freewheeling pantskirt that cleverly wraps and front ties. Butterick #5389.

THE LONG WRAP

In the cool of a summer's evening, a long wrapskirt in a breezy challis border print. Simplicity #8336. Lady Manhattan blouse.

Opposite page: Linen-y fabric by Stonecutter, left and center. Concord cotton, right. Shoes, Natural Comfort.
This page: Fabrics, cotton blend by Concord, left, Stafford rayon, right. Shoes by Golo, left, Delman, right.

Pattern and yardage information on page 204.

Take One Drab Room



And Make It Sparkle

Imagination is the key ingredient to our decorating makeover in three different lifestyles.

Living room update—high in imagination, yet low on your budget. Each makeover's enlivened with a friendly mix of patterns or colors to set a warm and inviting mood. Basic furniture stays the same (sofa, chairs), instantly refreshed by slipcovering with readily available fabrics (if you can sew, all the better). The new window treatments, ruffled or swagged curtains, play a smart part in the overall décor. What's added: easy-care floor coverings; wallpaper or a clean coat of paint; and some very handsome collectibles. Isn't it surprising how personal, how versatile four walls can suddenly be? Above: Our "before," an ordinary small living room. But watch how—and where—its standard furniture reappears. Opposite: Designs for living—in blues, whites and creams. A mingle of flowery and geometric cottons reflecting a more formal lifestyle; the joy of gathering China-blue porcelains. Flooring, a flagstone look-alike, lends visual texture. More home improvement ideas, page 165. By Nathan Mandelbaum, Director of Interior Design.

Photographs by Allen Zugel





PATTERNS A-PLENTY



For those who like the snap and crackle of pattern against pattern. Here, a quick switch from monotonous solids (insert) to an interplay of geometrics (mainly basketweaves) that create an exciting, unified room. Matching the sofa, Indian-print balloon shades swag over burnt bamboo blinds. A small sisal throw rug, extra pillows and jungle greenery sit on the rustic brick-look floor. The brass-and-leather chest makes a clever hiding place for odds and ends. All this coziness overseen by an exotic Bengal tiger painting.





COME-ALIVE COLOR

Color makes this room come vibrantly alive. Deli cious sherbets in raspberry, lime, apricot and cherry—lavishly ruffled chintzes set against cool white walls, ivory floor-tiling. What a lift from th drab color scheme before (insert). Young and cheery, it's a great plan for a single woman's small apartment. The pillow-peppered sofa open up to a bed, inlaid trunk holds added storage. Ey catchers: graceful swans. More tips on home improvement, page 165.



The Beauty of Running

LHJ's guide to the fun and fitness of running. Fast on the track of becoming America's favorite way to looking better, feeling better, and yes, even thinking better. It's all here—everything you'll need to know on how to put your best foot forward. By Maureen Lynch, Health and Beauty Editor.

FOURTEEN REASONS TO RUN/JOG

1. to keep fit **2.** to trim inches, shed pounds **3.** to increase energy, stamina, endurance (cardiovascular) **4.** helps you fall asleep in a wink, sleep like a baby **5.** to have healthier skin, apple cheeks **6.** no special skills are necessary **7.** to tone legs (smooth muscles) **8.** for better circulation **9.** sense of accomplishment ("One more mile—I can do it.") **10.** acts as a natural tranquilizer **11.** for a sport, the cost is minimal (*you* are the equipment!) **12.** inspires creative flashes, fantasies, clear thinking **13.** to get you in touch with your body **14.** for the pure joy of it.

FOR STARTERS: EVERYONE CAN RUN

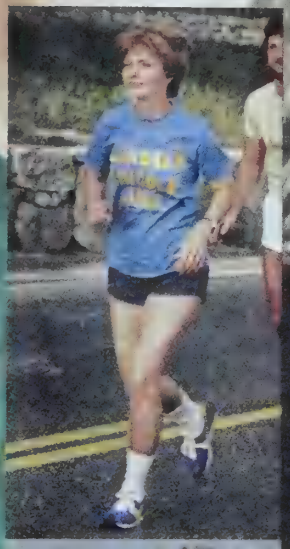
There's nothing to learn—you already know how to r Kathryn Lance, in her book *Running for Health and Beauty* (Bobbs-Merrill), sets up this 8-week schedule. (Note: The first 2 weeks are hardest—getting out of t house and into condition.) • Week 1: Start by walking times a week, up to 30 minutes. • Week 2: Walk, the slowly run until winded. Walk again, run again. • W 3: Add more running—without strain. • Week 4: You should be running 10 minutes out of 30. • Week 5: Walk/run ratio 50/50. • Week 6: Exert but don't exhaust yourself. • Week 7: Run most of workout tim • Week 8: Run up to 25-30 minutes nonstop.

Warm-up exercises: *Leal-Ann Reinhart, AAU National Women's Marathon Champion, demonstrates a few ways to get your body going before running.* **1.** *Hip/Side Stretch. Elbow high; inch other arm down leg. Stretch over as far as possible.* **2., 3.** *Shoulder Stretch. Raise arms; fold to chest; straighten out back beyond shoulders. Alternate.* **4.** *Inside Thigh Stretch. In deep knee bend, stretch one leg to side. Switch.* **5.** *Toe Touch. Feet slightly apart; touch toes (not shown); lift up and arch back. Do all 6 times each.*

Tank top and shorts below by C



Photographs by Charles Bush, except as noted. Joanne Woodward by Arthur Grace/Sygma. Lindsay Wagner's running suit by Loomtogs Tennis Whites; Carol Cartwright's by White Stag Action





Top: Pacesetter—Joanne Woodward, in the television/movie *See How She Runs* (CBS), plays a 40-year-old mother/teacher who finds, through running, the strength to change her life. *Below:* Fast tracker—Carol Cartwright of the San Fernando Valley Track Club slipped into her first pair of running shoes only three years ago. By last September, she'd set the international record (fastest time) for a 49-year-old woman marathoner.

Star-trekking—Lindsay Wagner, above, who as TV's super-charged Bionic Woman leaps six-story buildings on the screen, is just one of the famous folk who *runs for real.* Others on the right track: Farrah Fawcett-Majors; "Wonder Woman" Lynda Carter; Cheryl Ladd; Cicely Tyson; Linda Ronstadt.



WOMEN ON THE RUN: IT'S AN EXPLOSION

A stampede of women, *above*, compete in the 1977 Bonne Bell Mini-Marathon (10,000 meter/ 6.2 miles) around Central Park in New York City. Five short years ago, there were 75 entrants in the all-women race; last year, 2,200! For 1978—more and more "mini's" all over the land. *History:* The course of women running in competition hasn't been smooth. A brief 800-meter woman's race was tried in the '28 Olympics and dropped until 1960. The claim was that long-distance running was harmful to the female anatomy. Kathrine Switzer entered the Boston Marathon in 1967, listed as K. Switzer. (When a race official spotted "K" in the race, he tried to rip the entry number right off her back.) Afterwards she and all other women were banned from competing with men by the AAU. The archaic ruling stood until 1972, when all women were officially permitted to run in a marathon.

LITTLE HAZARDS

Hecklers: Ignore or shout back (whatever your mood). Or crack a joke. Avoid high-risk areas. *Dogs:* Barkers or biters. Say "No" or "Go," firmly. Scare them. Or cross the street. *Cars:* Caution. Beware of carbon monoxide. *Sticky heat:* Take it slow for 6-10 days. Drink and douse yourself with water. Dress lightly. *Real cold:* Dress in layers. You'll feel snug at 5° below zero in clothing needed to keep a reclining body warm at 70°F. *Lightning:* Duck into a building or car. *Rain:* Enjoy it. *Ice:* Avoid it.

THE A-B-C'S OF RUNNING

Taking off—how far, how fast, how often? Measure minutes, not miles. Distance isn't important. Run slowly enough to carry on a conversation, whistle or sing, but spryly enough to feel the zest of exertion. Don't worry about breaking the four-minute mile—there's no such thing as running too slowly. Try to do warmups every day and run at least 20 minutes two or three times a week.

Pick your track—Where can you run? City: Anywhere away from exhaust fumes, too many pedestrians. If you take to the streets, run against traffic. Suburbs or country: Watch out for uneven surfaces, obstacles, large dogs. Beach running is exhilarating (but rugged). Indoors: On a track. Pluses: no weather deterrents, marked laps. Minus: can get boring.

> ***Beauty Tip:*** *You'll be running in the face of wind, sun or nippy chills. Protect your skin (always!) with a moisturizer or sunscreen. Also, apply lip gloss.*

Find your hour of glory—When to run? Does the idea of waking up at dawn make you cringe? Or do you collapse in the evening? Pick the right time for your metabolism. Other points: Security. Are you safe in your neighborhood at night? Check with your parks department or running club if you want to run with others. In summer, morning running before the heat of the day makes sense. Or lunchtime running at a gym with lockers and showers. Running after work helps relax you. The only no-no: Never run after eating.

Marathon photograph by Jane Sobel/Janeart Photography. Shoes from The Foot Locker, Cerritos, Ca.



WHAT TO WEAR

No set uniform. Anything loose and/or comfortable goes. For cool weather, soft jeans, leotards or sweatpants, warmup suits, all good. On top, layers under a hooded sweatshirt jacket or nylon shell. Wrap on a silk scarf if it's really frigid. Ski hats, mittens or gloves. For balmier days, track shorts (without binding belts) or soft cutoffs, T-shirts (colorfast only), tanks, leotards. Sun visors or sweatbands. Socks, tennis anklets—or no socks at all. Highly visible clothing at nightfall. No heavy earrings, tight rings. A watch with a second-hand to monitor time. Keep running clothes separate, clean—always ready to go.

SHOES: BUILT FOR RUNNING

You need made-for-running shoes, though until committed, you can start with sneakers. According to Dr. John Pagliano, president-elect of the American Academy of Podiatric Sports Medicine, one important way running shoes differ is by their built-up cushioned heel to absorb impact, support a forward action. Top to bottom: Good for grass, dirt: *Waffle treads for women and men. Nylon. Nike Waffle Trainer, $29.99.* Long Distance Runner: *Narrower fit for either sex. Nylon. Adidas SL72, $31.95.* Herringbone for hardtops: *For women. Paved roads. Nylon. Tiger Lady Montreal '76, $27.99.* Street-wise soles: *Flexible, well-cushioned. Women's. Suede. Lady Lydiard Road Runner. $38.99. At sporting goods stores; good price selection also at J.C. Penney and Sears.*



appy Landings, Heels First: *The anatomy of a stride or, how your foot should look in slow motion. The whole idea is hit heel first (not prancing "girlishly" on your toes, which could strain tendons and muscles). The right sequence (photoaphed) is to land on the outside heel; roll forward until your weight is fully on the "flat" foot; roll onto inside ball and lift f into the next stride. To a great degree, your foot will do this naturally.*



A SPORT FOR ALL

Running attracts both the tortoises and the hares, loners and crowd-pleasers, one-milers and marathoners (26 miles, 385 yards). George Sheehan, a New Jersey doctor who can't praise running enough, explains a parallel between the three major body types and personality traits. What's unusual is that one sport, running, pleases all. *Ectomorphs* are skinny and solitary. Ideal for the loneliness of a long-distance runner. *Endomorphs* have heavy bodies, are very social. They like to jog with their buddies, chatting all the while. *Mesomorphs* are strong, muscular and are driven to compete. They're race runners, striving to be first across the finish line.

RUN TOGETHER, HAVE FUN TOGETHER

Everyone in the family can run together. There's no age limit—from little tots to sprightly grandmothers. One family in sync with each other is headed by former Olympic champion, now coach of the San Fernando Valley Track Club, Laszlo Tabori, below. Keeping up and happy, wife Kata, daughters, Gabi (age 14), Ildiko (age 7).



POUNDS AWAY

A one-mile run burns 100 calories. Doesn't sound impressive, but see how it adds up. According to James F. Fixx in *The Complete Book of Running* (Random House), "A woman typically loses ten to twelve pounds in the first year of running." Even if you keep eating exactly the same way, you'll lose. Also, inches seem to fall off faster than pounds. Curiously, all this activity doesn't increase (and, in fact, may decrease) your appetite.

> Fleet of foot? Just run naturally. Straight and tall. Head up. Rhythmic arm movements, shoulders down, relaxed hands. Free breathing (even okay with mouth open).

WHEN THE GOING GETS TOUGH

A few ways to perk up if you run into a rut, when you have a case of the blahs instead of a runner's high. • Don't think about "running" as you do it. Let your mind run free. • Try varying your schedule...the course...the distance. • Slow up your pace. You might be *straining*, not *training*. • Keep a journal of your running. Note the time spent, distance, weather, route, thoughts. You'll be amazed looking back. • Keep track of your overall mileage and trace it along a road map. In a short while, you might have covered the distance from New York to Detroit or Phoenix to Seattle. • Read about running. *Runner's World* magazine, books, etc. • Compete in a race—for fun. • Take a day or so off—and don't feel guilty. • Fool yourself. Go out for a walk, maybe those feet will start going faster. • Bribe yourself. "I can do thus-and-such after ~~I run~~." • Run with a friend.

Warm Downs: *After a run, slow down to an ambling walk. Never stop cold. Ease your muscles by stretching out for 8-10 minutes (5 minimum). Again, Leal-Ann Reinhart shows how...* ***1.*** *The Alternate Toe Touch. Basic exercise, good for back and legs.* ***2.*** *Fencer's Lunge. Lean down on knee, press steadily. For thighs, calves.* ***3.*** *Jackknife. Up and over to stretch lower back, thighs.* ***4.*** *Scissors. Raise one leg; touch other toe to ground (or close to). Repeat each 6 times.*



All fashions this page from Ultrasport Ltd. by Ruth Brahms.

Special from the Journal Kitchens

30 TERRIFIC CHICKEN RECIPES

No self-respecting cook ever has enough chicken recipes. With good reason: Chicken is one of the supermarket's best buys—and the combination of light and dark meat allows endless variation. Here's a timely food section entirely devoted to this basic but versatile bird. Included are some old favorites up-dated (pot pies, tetrazzini), plus brand-new delights. In fact, you could try one of these 30 delicious recipes each day of the month and never fail to please yourself, your family, your guests. Below: Chicken a l'Orange (1), roasted golden-brown with bulgur/raisin stuffing. Recipes, page 126. By Sue B. Huffman, Food and Equipment Editor

Photographs by Irwin Hurowitz





Recipes, page 126

Woodline Platter, left,
from Royal Copenhagen Porcelain



2. Chicken Capers. Simple, unusual—tart capers and smooth cream sauce. **3.** Coq au Vin. Classic with plump onions, fresh mushrooms. **4.** Chicken Paprikash. A ruddy mix of sour cream and sweet Hungarian paprika. **5.** Garlic Chicken. Twenty whole cloves (!) impart a pleasant nutty taste (no kidding). **6.** Dilly Chicken Salad. Yogurt keeps the calories low. **7.** Chicken and Sausages. A hearty treat: Sausages hot or sweet, plus vegetables. **8.** Chicken Soup with Matzo Balls. Good stock; trick is making matzo balls light, not leaden! **9.** Lemon Chicken. The Chinese way, tangy, lemon-y, boneless. **10.** Chicken Enchiladas. Fiery; rolled in corn tortillas.

14. Quenelles with Nutmeg Sauce. Finely done in a food processor. **15.** Breasts en Croute. Easy with frozen patty shells. **16.** Poularde Gros Sel. Horseradish sauce, coarse salt. **17.** Olive Chicken Balls. Pop-in-your-mouth appetizers. **18.** Japanese Chicken Wings. Soy/sake munchables. **19.** Indonesian Sate. Dip in peanut butter sauce. **20.** Sesame Cheese Drumsticks. Crunchy. **21.** Polynesian Chicken. Plentiful sweet 'n sour. **22.** Honey-Mustard Chicken. Succulently broiled.

Recipes, page 126




13
15
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14
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22


24
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28



3. Mole Poblano. Spicy Mexican with nutty chocolate sauce. **24.** sgros Vinegar Chicken. Gleaned om the 3-star French restaurant; garlic, tomatoes. **25.** Chicken Tetrazzini. Pasta casserole with harp Cheddar melt. **26.** Chicken ith Beer. And bacon, onions, carrots. Very flavorful. **27.** Curried Chicken. Indian pungent, topped h condiments. **28.** Chicken Cacciatore. Simmered in a thick, rich nato sauce. **29.** Chicken Pot Pie. A warming meal for six. Fast with en vegetables. **30.** Chicken Tonno. Cold breast pieces, blanketed h a tuna/anchovy/capers sauce.

Recipes, page 126

CHICKEN

continued

1. ROAST CHICKEN À L'ORANGE
pictured on page 119

An apple-bulgur stuffing and Orange Bigarde Sauce combine to make this roast chicken the star of your next festive dinner.

Stuffing
- 3 tablespoons butter or margarine
- 1 medium onion, chopped
- 1 rib celery, chopped
- ½ cup bulgur (cracked wheat)
- ½ cup chicken broth
- ½ cup apple juice
- 1 teaspoon salt
- ¼ teaspoon thyme
- ⅛ teaspoon pepper
- 1 medium apple, peeled, cored, chopped
- ¼ cup seedless raisins, chopped

1 whole roasting chicken, 5 to 6 pounds
Salt and pepper to taste

Sauce
- 3 tablespoons sugar
- 6 tablespoons light brown sugar
- 1 cup orange juice
- ½ cup chicken broth
- ½ cup port wine
- 1 orange peel, cut into julienne strips
- 1 tablespoon cornstarch
- 2 tablespoons orange-flavored liqueur

In medium saucepan melt 1 tablespoon butter or margarine. Add onion and celery and sauté until tender, stirring occasionally. Add bulgur, chicken broth, apple juice, salt, thyme and pepper. Heat to boiling. Reduce heat; cover and simmer 15 minutes. Stir in apple and raisins, cool thoroughly.

Preheat oven to 325°F. Remove neck and giblets from inside chicken. Rinse chicken and drain well. Sprinkle inside and outside with salt and pepper. Turn chicken, breast-side up. Fold wing tips up and under back of chicken. Spoon stuffing into body and neck cavities. Close openings with short metal skewers or toothpicks. Tie legs and tail together with string. Place chicken, breast side up, on rack in open roasting pan. Insert meat thermometer into thigh, being careful not to touch bone. Brush with about 1 tablespoon melted butter or margarine. Cover lightly with a piece of foil, tent-fashion. Roast chicken for 2½ to 3 hours, brushing with remaining 1 tablespoon butter or margarine after about an hour. Remove chicken from oven and let rest for 20 minutes for easier carving.

While chicken roasts, prepare sauce. *For sauce:* In a small saucepan combine first 6 ingredients. Simmer for 5 minutes. Stir cornstarch into liqueur until smooth; add to sauce. Cook, stirring constantly, until thickened. Serve over chicken. *(Can be made ahead. Cover and let stand at room temperature for 2 to 3 hours. Warm over low heat, being careful not to boil.)* Makes 6 servings. About 210 calories per 4-ounce serving without skin; about 150 calories per stuffing serving and 135 calories per serving of sauce.

2. CHICKEN CAPERS
pictured on page 120

Ever so elegant. Nobody would ever guess it's so simple to make.

2 tablespoons butter or margarine
1 broiler-fryer chicken (3½ lb.), cut up
- ¾ cup heavy or whipping cream
- 3 tablespoons capers
- 3 tablespoons caper juice, drained from jar*
- ¾ teaspoon oregano, crushed
- 1 bay leaf, broken in half
- ⅛ teaspoon pepper

Preheat oven to 350°F. In large skillet melt butter or margarine. Add chicken and cook until well browned on all sides, about 5 minutes. Remove chicken from skillet and place in a single layer in 12x8-inch baking dish; set aside. Drain fat from skillet and stir remaining ingredients into the skillet. Heat to boiling, scraping up browned bits in skillet, and simmer for 2 minutes, stirring occasionally. Pour sauce over chicken and bake for 1 hour uncovered, basting occasionally. Makes 4 to 6 servings. About 525 calories per 4 servings; 350 per 6 servings.

*If you don't have enough juice from your jar of capers, add enough tarragon or white wine vinegar to equal 3 tablespoons.

3. COQ AU VIN
pictured on page 120

A classic and we bet it's been ages since you've made it.

¼ cup unsifted all-purpose flour
1½ teaspoons salt
1 broiler-fryer chicken, 2½ lb., cut up
2 tablespoons butter or margarine
12 small whole onions, peeled
½ pound mushrooms, sliced
2 garlic cloves, crushed
1 bay leaf
½ teaspoon thyme
¼ teaspoon pepper
1½ cups red wine
1 cup chicken broth
Parsley for garnish

In bag combine flour and ½ teaspoon salt. Add chicken, a few pieces at a time, and shake until well coated. Reserve any remaining flour.

In large skillet melt butter or margarine. Add chicken and cook until well browned on all sides, about 5 minutes. Remove from skillet. Add onions, mushrooms, garlic, bay leaf, thyme, pepper and remaining 1 teaspoon salt to skillet; sauté until lightly browned, about 5 minutes. Return chicken and any remaining flour to skillet. Add wine and chicken broth; heat to boiling. Reduce heat; cover, and simmer for 45 to 50 minutes or until tender. Makes 4 servings. About 565 calories each.

EDITOR'S NOTE: To peel small onions: Cut off ends and dip in hot water. Cut a cross in one end—skins slip off easily.

4. CHICKEN PAPRIKASH
pictured on page 121

We like this with noodles—or spaetz if you're feeling ambitious.

2 tablespoons salad oil
1 broiler-fryer chicken (2½ lb.), cut up
2½ teaspoons Hungarian or regular paprika
1 large onion, chopped
¾ cup chicken broth
1 teaspoon salt
¾ cup sour cream

In large skillet heat salad oil. Sprink chicken evenly with 1 teaspoon paprik Brown chicken on all sides, about minutes. Remove from skillet and s aside. Add onion and sauté until tende Return chicken to skillet. Add chicke broth and salt; heat to boiling. Reduc heat; cover and cook until chicken is te der, about 40 minutes. Remove to war platter. Stir remaining 1½ teaspoons pa rika and sour cream into drippings an heat *just* until hot, being careful not t boil. Spoon sauce over chicken. Makes servings. About 465 calories each.

5. GARLIC CHICKEN
pictured on page 121

Don't flinch. Twenty cloves of garli is correct, but they're not crushed. Di crusty French bread in the garlic-butte drippings—divine.

⅓ cup butter or margarine, melted
1 large bulb of garlic (20 cloves), unpeeled
1½ teaspoons salt
Freshly ground pepper
Pinch nutmeg
3½ pounds chicken thighs or a 3½ lb. broiler-fryer

Place butter or margarine in 2½-quar casserole dish with cover. Preheat ove to 375°F. Trim ends off individua cloves of garlic; drop into a pan o rapidly boiling water for about 10 sec onds. Drain and run under cold water slip off the skin, set aside. Add chicke to casserole and turn to coat well. Lif out half the pieces. Sprinkle pieces i casserole with half the garlic, salt, a generous amount of pepper and dash nutmeg. Return remaining chicken t the casserole and repeat. Cover an bake 1½ hours. Do not open the ove during baking. Serve with slices o French bread. Makes 4 to 6 servings About 505 calories for each of 4 serv ings; 340 calories for each of 6.

6. DILLY CHICKEN SALAD
pictured on page 121

A quick-to-fix luncheon salad that's pleasingly low in calories.

2 cups cooked chicken chunks
½ cup plain yogurt
¾ teaspoon salt
½ teaspoon dill weed, crushed
¼ cup chopped green onions
Lettuce leaves
Tomato wedges, optional

In medium bowl combine all ingredients

(continued on page 130)

ampbell's Soups give you a way to turn a side dish into a main attraction.



Whether you're serving vegetables or rice, Campbell's Soups give you a quick and easy way to enhance their flavor and appeal. For other out-of-the-ordinary recipes and serving ideas turn to the back of Campbell's Soup labels.

CREAMED ONIONS AND CARROTS

¼ cup sliced celery
2 tablespoons butter or margarine
1 can Campbell's Cream of Chicken Soup
½ cup sour cream
¼ cup dry white wine
2 tablespoons chopped parsley
1 pound cooked medium carrots, cut in half lengthwise
1 pound cooked small whole white onions (about 16)

In saucepan, cook celery in butter until tender. Blend in soup and sour cream; add wine and parsley. Cut carrot halves in 2-inch pieces; add carrots and onions to soup mixture. Heat; stir occasionally. Makes about 4 cups.



HOLIDAY PEAS AND RICE

½ cup raw regular rice
⅛ teaspoon rubbed sage
2 tablespoons butter or margarine
1 can Campbell's Chicken Broth
1 cup frozen peas
2 tablespoons diced pimiento

In saucepan, brown rice with sage in butter. Add broth. Bring to boil; reduce heat. Cover; simmer 15 minutes; add peas. Simmer 10 minutes more or until done. Stir occasionally. Stir in pimiento. Makes about 3 cups.



The yellow arrow on Campbell's Soup labels points to 870 ways you can add more appeal to your meals with soup. You'll find recipes, sauces, soup mates, menu suggestions, main-dish soup ideas, seasoning suggestions and more!



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Dinner can be ready in minutes with our hurry-up recipes, thanks to the latest in supermarket convenience products and the super-speedy new kitchen appliances.

Microwave Vegetables

Vegetables cooked in the microwave? Of course! Micro vegetables are *fast* (baked potato in 4 minutes, acorn squash in 7), *crunchy* (green beans, asparagus, broccoli), *rich in color* (you'll love the green greens of zucchini and beans), *good-for-you* because you lose fewer water-soluble nutrients and absolutely *delicious*.

Most microwave cookbooks give fresh cooked vegetables their due; check for timing and technique on your particular oven when experimenting. Normally you add just a splash of water (a tablespoon or two) and cook in a covered casserole. We actually prefer covering with waxed paper or paper towels; if you use plastic wrap, punch a few holes in it so steam can escape. Don't forget to prick vegetables with a skin (potatoes, squash) several times to prevent their exploding.

Some of our favorite standbys: *Corn on the cob*—butter generously (salt after cooking), wrap each ear separately in waxed paper, place on paper towels. Cook 8 to 10 minutes for 4; turn halfway through cooking. *Acorn squash*—Pierce skin with knife; bake 4 minutes. Halve, remove seeds. Add a little butter, applesauce, cinnamon; bake 3 more minutes.

Tasty Ham Loaf

Serve with buttered sweet potatoes, broccoli, cottage cheese & pineapple salad.

HAWAIIAN HAM LOAF

1½ pounds cooked ham, cubed
½ pound lean pork shoulder, cubed
4 slices white bread, trimmed and quartered
1 large onion, cut into 8 wedges
2 eggs
½ can pineapple juice
1 jar (12-oz.) pineapple preserves
2 teaspoons prepared horseradish
2 teaspoons Dijon mustard

Preheat oven to 350°F. In food processor using steel blade, place ½ of ham. Finely chop, transfer to large mixing bowl. Repeat 2 more times with remaining ham. Add next 3 ingredients and finely chop. Add to ham. Beat egg and pineapple juice together until well mixed. In small bowl combine pineapple preserves, horseradish and mustard; add ½ to ham and mix well. Spoon evenly into 9x5-inch loaf pan. Bake 1 hour. Drain off juices. Spread with reserved preserves mixture. Bake 15 minutes more. Let stand 5 minutes before slicing. Makes 8 servings. About 10 minutes to prepare.

Fast Food Quickies

Raid your supermarket shelves and freezer to pull off these meals-in-an-instant.

Chunky Chow Mein

Brown 1 pound ground beef and ½ cup chopped onion in a frying pan. Stir in 1 can (10¾ oz.) condensed cream of mushroom soup, 1 can (16 oz.) Chinese vegetables, drained, and 1 teaspoon soy sauce. Heat and serve over chow mein noodles. Serves 4-6.

New Orleans Creole

Heat 1 can (16 oz.) stewed tomatoes in a saucepan. Add a 12 oz. package of cooked shrimp (frozen, shelled and deveined) and a 10 oz. package frozen cut okra. Heat until mixture boils; continue boiling about 4 minutes. Reduce to simmer and cook for about 15 minutes. Add salt and pepper to taste. Serve over quick-cooking rice. Serves 4.

Hot Tuna Sandwich

Add 2 tablespoons pickle relish and ¼ cup mayonnaise to a 6½-oz. can of drained chunk-style tuna. Spread on 4 English muffin halves, toasted, top each with a canned pineapple slice and ¼ cup shredded cheese. Broil until cheese melts. Serves 4.

Illustration by Saul Mandel

TEST YOUR HUSBAND.

Q. With chicken, I prefer:
(check one)

☐ Mashed potatoes.
☐ Stove Top® Stuffing.

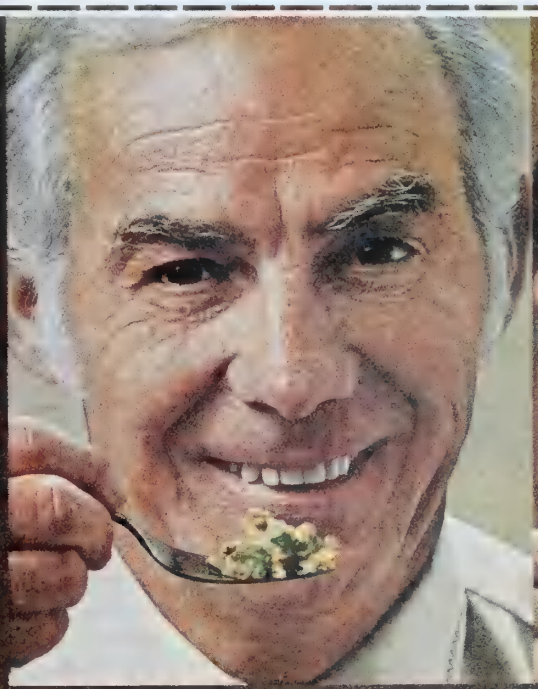
We bet he'll choose Stove Top® Stuffing.

Most men do.

a recent consumer test, over % of the husbands polled eferred Stove Top® Stuffing x to mashed potatoes with ir chicken dinners.

No wonder. Toasty bread umbs, real chicken flavor d the perfect balance of cel- , onion, parsley and herbs ke Stove Top irresistible.

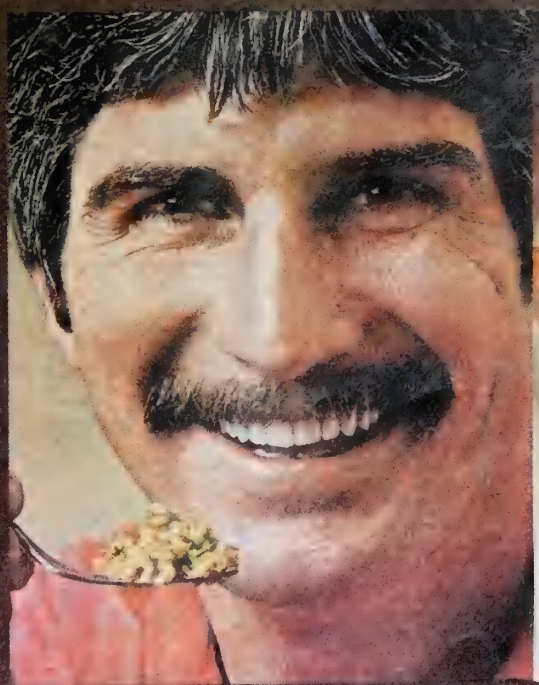
We bet your husband will ree.



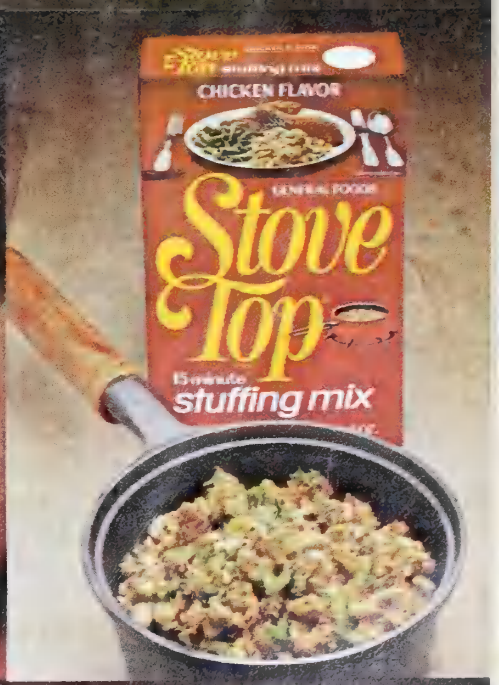
Joe Prekup says, "Stuffing tastes a lot better than mashed potatoes. There's a lot more flavor to it and it complements the chicken better."



John Jackson says, "Stuffing really accents the taste of chicken. It adds more zest to the meal."



Art Martori says, "Stove Top tastes like stuffing my mother used to make."



INSTEAD OF POTATOES.

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CHICKEN

continued from page 126

except lettuce and tomato wedges. Cover and refrigerate until serving time. To serve, spoon chicken into lettuce-lined bowl. Garnish with tomato wedges. Makes 4 servings. About 110 calories each.

7. CHICKEN AND SAUSAGE
pictured on page 121

This—of all our tempting chicken recipes—was our Managing Editor's special favorite.

1 broiler-fryer chicken (2½ lb.), cut up
½ teaspoon salt
⅛ teaspoon pepper
1 tablespoon salad oil
6 sweet or hot Italian sausages (¾ lb.)
1 can (28 oz.) whole tomatoes, drained, reserving ½ cup liquid
½ cup dry red wine
1 cup sliced onions
2 medium green peppers, sliced
1 teaspoon basil, crushed
Pinch sugar
1½ cups sliced fresh mushrooms
⅓ cup flour
3 tablespoons water

Sprinkle chicken with salt and pepper. In large skillet, heat oil. Add chicken and cook until well browned on all sides, about 5 minutes. Remove chicken and set aside. Prick sausages with a fork and brown in same skillet. Remove and pour off drippings. Add tomatoes with the ½ cup reserved liquid, wine, onions, green peppers, basil and sugar and simmer for 2 minutes, scraping brown particles from skillet. Return chicken and sausages to skillet. Add mushrooms and stir until well combined. Reduce heat; cover and simmer 35 to 40 minutes or until chicken is tender. Push chicken and sausages to one side of skillet. Skim off all fat. Combine flour and water until smooth; stir in ¼ cup pan juices. Add to skillet and cook until sauce bubbles and thickens slightly, about 5 minutes. Stir until chicken and sausages are well coated. Makes 6 servings. About 475 calories per serving.

8. CHICKEN SOUP WITH MATZO BALLS
pictured on page 121

A traditional holiday dish in Jewish homes. Also, nothing better when you're feeling under the weather.

1 stewing chicken (4 lb.)
10 cups cold water
3 carrots, cut in 1-inch pieces
3 ribs celery, cut in 1-inch pieces
2 onions, cut in half
1 parsnip, cut in 1-inch pieces
3 garlic cloves, peeled and cut in half
10 peppercorns
2 parsley sprigs
1 tablespoon plus 1 teaspoon salt
Matzo Balls
4 eggs, lightly beaten
½ cup water
⅓ cup rendered chicken fat* or melted shortening
1 cup matzo meal
1 teaspoon salt
⅛ teaspoon garlic powder
⅛ teaspoon pepper
Pinch nutmeg

In large saucepot place chicken and water. Heat to boiling. Reduce heat and simmer, covered, for 30 minutes. Add next 8 ingredients; cover and simmer for 2½ hours. Cool slightly and remove chicken. (Use chicken for salad or other dish calling for cooked chicken.) Strain soup, saving a few carrot pieces for garnish. Skim fat from soup. If time permits, chill in refrigerator so fat congeals for easier removal. Reheat before serving. *(Can be made ahead. Cover and refrigerate up to 3 days.)*

Matzo Balls: While chicken is cooking, prepare matzo balls: In medium bowl combine eggs, water and melted fat. Stir in matzo meal, salt, garlic powder, pepper and nutmeg. Cover bowl and refrigerate 1 hour.

In a medium saucepot bring 1½ quarts water to a boil. With wet palms, roll matzo mixture into 1-inch balls and drop into boiling water. Simmer uncovered 20 minutes. Remove with slotted spoon and add to soup. Serve garnished with reserved carrot cut into thin slices and chopped parsley, if desired. Makes about 10 cups soup and 20 matzo balls. About 215 calories per cup of soup with 2 matzo balls.

**To render chicken fat:* Remove large pieces of fat from around end cavity of raw chicken. Cut into small pieces and melt in a small saucepan over medium-low heat. Cool and use for matzo balls.

9. LEMON CHICKEN
pictured on page 120

One of our favorites. Stunningly attractive with a divine flavor.

4 whole chicken breasts (about 2 lbs.) skinned, boned and halved
3 tablespoons soy sauce
1 teaspoon salt
2 egg whites, beaten lightly
⅓ cup cornstarch
⅓ cup all-purpose flour
½ cup salad oil
Sauce
⅔ cup sugar
2 tablespoons cornstarch
½ cup white vinegar
1 cup chicken broth
2 tablespoons lemon juice
1 lemon peel, cut in julienne strips
3 green onions, cut in julienne strips
2 medium carrots, cut in julienne strips
1 medium green pepper, cut in julienne strips
1 can (8 oz.) crushed pineapple in own juice, well drained
1 bottle (1 oz.) pure lemon extract
½ head (¾ lb.) iceberg lettuce, finely shredded

Place chicken in a shallow dish with the soy sauce and salt. Toss to coat well; marinate 30 minutes. Drain chicken and discard marinade. Toss chicken with beaten egg whites. On a plate combine cornstarch and flour; roll chicken in cornstarch mixture until well coated. In large skillet heat oil. Add chicken and cook for 5 minutes on each side until brown and crisp. Keep warm in 200°F oven.

Meanwhile, prepare sauce: In medium saucepan combine sugar and cornstarch until well mixed. Stir in vinegar, broth, lemon juice and peel. Heat to boiling, stirring until mixture thickens. Add the vegetables and crushed pineapple. Cook 30 seconds, stirring. Remove from heat. Stir lemon extract into hot sauce. Cut chicken into 1-inch crosswise slices. Place shredded lettuce on serving platter. Top with chicken slices. Spoon sauce over chicken. Serve with hot cooked rice. Makes 4 to 6 servings. Without rice, about 745 calories for each of 4 servings; 500 for 6.

10. CHICKEN ENCHILADAS
pictured on page 121

Ambrosia for aficionados of Mexican food.

2 cups cooked chicken chunks
2 cups (1 pint) sour cream
2 cans (4 oz. each) mild green chilies, seeded and chopped
1 cup chopped green onions (including some tops)
½ teaspoon salt
4 cups (1 lb.) shredded Monterey jack cheese
12 fresh or frozen corn tortillas
1 can (10 oz.) mild enchilada sauce

Preheat oven to 375°F. In a large bowl combine first 5 ingredients and 2 cups cheese.

If using frozen tortillas, heat on lightly greased griddle or frying pan for 7 to 10 seconds on each side until soft before dipping. Dip tortillas into enchilada sauce. In an ungreased 12x8-inch baking dish overlap 2 tortillas to fit width of dish. Spread about ⅔ cup chicken mixture down middle of the two tortillas. Fold tortillas over filling and turn seam-side down. Repeat with remaining tortillas. Sprinkle with remaining cheese.

Preheat oven to 350°F. Bake uncovered about 20 minutes or until cheese is melted and enchiladas are heated through. Makes 6 servings. About 625 calories each.

11. COUNTRY CAPTAIN
pictured on page 122

A satory stew similar to a gumbo.

1 stewing chicken (5 lb.), cut up
2 quarts water
2 bay leaves
2 ribs celery, cut into 2-inch pieces
4 teaspoons salt
1 medium onion, halved
2 tablespoons salad oil
1 cup chopped onion
2 large green peppers, diced
2 garlic cloves, crushed
1 tablespoon curry powder
½ teaspoon thyme
Dash cayenne pepper
2 cans (28 oz. each) whole tomatoes, undrained
1 teaspoon sugar
2 packages (10 oz. each) frozen chopped okra

(continued)



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CHICKEN

continued

Place chicken in large saucepot. Add water, bay leaves, celery and 2 teaspoons salt. Heat to boiling over high heat; reduce heat, cover and simmer chicken for 1½ to 2 hours until tender. Remove chicken from pot with slotted spoon and cool; strain broth and reserve 4 cups. In the same pot heat oil. Add onion, green peppers, garlic and seasonings and sauté until tender, about 3 to 5 minutes. Add tomatoes, sugar, okra, reserved 4 cups broth and 2 teaspoons salt; simmer uncovered 35 minutes, stirring occasionally.

Meanwhile, skin and bone chicken; cut into bite-size pieces. Add to soup; simmer, uncovered, 15 minutes. Makes 3 quarts. About 255 calories per cup.

12. CHICKEN AND DUMPLINGS
pictured on page 122

No fluffy drop dumplings here. These are similar to homemade noodles—real down-home, southern-style dumplings.

1 broiler-fryer chicken (2½ lb.), cut in quarters
4 cups water
1 rib celery, cut in half
1 onion, cut in half
1 teaspoon salt
⅛ teaspoon pepper
Dumplings
1 cup unsifted all-purpose flour
1 teaspoon salt
¾ teaspoon celery salt
⅛ teaspoon double-acting baking powder
2 tablespoons butter or margarine, melted
1 egg, lightly beaten
3 tablespoons milk

In Dutch oven or large saucepot place chicken and next five ingredients. Heat to boiling. Reduce heat; cover and simmer 40 minutes or until chicken is tender. Remove Dutch oven from heat and cool chicken in broth, about 45 minutes. Remove chicken; discard skin and bones. Cut chicken into bite-size pieces. Strain broth.

To make dumplings: In a small bowl, mix flour, salt, celery salt and baking powder. Stir in butter or margarine, egg and milk. Turn out onto a lightly floured surface and knead for 1 minute. Let dough rest for five minutes, then roll out about ⅛-inch thick. Cut into 2x1-inch strips. Return chicken and broth to Dutch oven; heat to boiling. Drop dumplings into broth. Cover, simmer 20 minutes. Serve in bowls. Makes 4 servings. About 475 calories per serving.



13. CHICKEN KIEV
pictured on page 123

We like to make and freeze these, then deep-fry just before serving.

½ cup butter, softened
1 tablespoon chopped chives
1 tablespoon chopped parsley
⅛ teaspoon white pepper
2 whole chicken breasts
2 eggs
2 teaspoons salad oil
1 cup dried bread crumbs
⅓ cup flour
¼ teaspoon salt
Dash pepper
Salad oil for frying

In a small bowl, mix first 4 ingredients. Place on waxed paper and form into 2x3-inch rectangle. Cover and refrigerate until firm.

Cut each chicken breast in half; bone and skin. Lay each half between 2 sheets of waxed paper and pound firmly but not roughly with a rolling pin, mallet or bottom of a saucepan to flatten to about ¼-inch thickness. Combine eggs and salad oil in a pie plate. Beat until well combined; set aside. Put flour and bread crumbs separately into 2 flat dishes.

Slice seasoned butter vertically into 4 equal slices (½x3 inches each). Place a slice of butter lengthwise on each flattened breast. Fold the narrow strip of chicken over the 3-inch side of butter, then the two opposite ends. Finally fold over the remaining side. Press chicken firmly on all sides to seal in butter. Sprinkle with salt and pepper. Dip first in flour, then egg yolk mixture. Then roll firmly in bread crumbs to coat completely. Refrigerate at least 1 hour before frying. *(Can be prepared in advance to this point. Cover and freeze up to 2 weeks. Thaw in refrigerator overnight before frying.)*

In deep-fat fryer or large saucepan heat 1 inch of oil to 350°F. Fry chicken pieces for 10 minutes. Serve at once. (Can be kept warm in a 200°F. oven for up to 30 minutes before serving. If kept longer, butter may leak out.) Makes 4 servings. About 525 calories each.

14. CHICKEN QUENELLES WITH NUTMEG SAUCE
pictured on page 123

These heavenly dumplings are usually made with fish (pike). We've substituted chicken and simplified the procedure with the use of the food processor.

Quenelles
¼ cup parsley leaves
2 chicken breasts (1 lb.), boned, skinned, cut into 1-inch cubes
1 cup water
¼ cup butter or margarine
1 teaspoon salt
½ teaspoon white pepper
¼ teaspoon nutmeg
1 cup all-purpose flour
2 eggs
2 egg whites
3 tablespoons heavy cream
6 cups chicken broth
Sauce
½ cup butter or margarine
¼ cup all-purpose flour
2 cups poaching broth from ab
1 cup milk
½ teaspoon nutmeg
Salt to taste

For quenelles: Use steel knife ment of your food processor: ch ley using on/off turns. Remove aside. Place chicken cubes in f cessor. Process, using on/off tu smooth and finely chopped. Re

In saucepan heat water, b margarine, salt, pepper and nut medium heat until butter melts ter comes to a boil. Remove fr and add flour all at once. Sti with a wooden spoon until forms a ball and leaves side With steel knife in place, tra food processor bowl. Add 2 wh and process using 3 on/off until eggs are well incorporate egg whites and repeat. Return and parsley to processor bowl. until mixture is blended, stopp scraping down sides of bowl twice, if needed.

In large, deep skillet or Dut heat chicken broth to boiling heat until broth reduces to a To shape quenelles use 2 ov spoons dipped in cold water. W spoon scoop out a rounded spo the chicken paste. Smooth the t mixture with the inverted bow other spoon. For extra smooth q moisten your fingers with water until smooth. Slide the quenelles simmering broth. Continue sha more quenelles, using half the Poach for 20 minutes, turning q occasionally. With a slotted sp move to a lightly buttered servi Repeat with remaining quenelle Remove 2 cups broth for sauce with waxed paper and keep q warm in a low (200°F.) oven wl paring sauce. *(Quenelles can b ahead. Cover and freeze up to 1 To reheat, place frozen in a larg with ½ cup chicken broth. Co cook over low heat until heated t Quenelles can also be thawe night in refrigerator and then r as above.)* Makes about 24 qu About 80 calories per quenelle sauce. Makes 12 first course ser 6 to 8 main-dish servings.

For sauce: In a medium saucep butter or margarine. Stir in the fl cook until smooth and bubbly. wire whisk, gradually stir in r broth, milk and nutmeg. Cook, occasionally, until thickened. Ta add salt, if needed. *(Can be ahead. Cover and freeze. Defros frigerator overnight. Reheat in double boiler.)* Serve over qu Makes 3½ cups sauce. About 25 per tablespoon. *(con*



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sandwich

With a name like Smucker's, it has to be good.

CHICKEN

continued

15. CHICKEN BREASTS EN CROUTE
pictured on page 123

These are stunning—and not that difficult thanks to the frozen patty shells.

1 package (10 oz.) frozen patty shells
1 tablespoon butter or margarine
3 chicken breasts (1½ lbs.), halved, skinned and boned
6 thin slices (about ½ lb.) boiled ham
1 package (10 oz.) frozen asparagus spears, cooked according to package directions, well drained
1 egg, lightly beaten with 1 tablespoon water
Sauce
2 tablespoons butter or margarine
2 tablespoons flour
1¼ cups chicken broth
¼ cup dry vermouth
⅓ cup Swiss cheese, shredded

Defrost patty shells in refrigerator overnight or at room temperature until workable but still cold to the touch. In medium skillet melt butter. Sauté chicken breasts over medium high heat one minute on each side. Remove from skillet; cool.

On a lightly floured surface roll 1 patty shell into an 8½-inch circle. Place cool chicken breast on lower half of pastry. Fold 1 slice of ham in quarters to fit on top of chicken. Top with 3 asparagus spears trimmed to fit. Fold top half of pastry over asparagus. Press down edges and trim pastry (a bowl inverted over pastry makes a good guide). Crimp edges with a fork to seal. Place on ungreased baking sheet. Repeat with remaining chicken and patty shells. Roll remaining pastry scraps for garnish, if desired, and place on pastry. Brush each pastry with egg glaze. *(Can be prepared in advance to this point. Wrap and freeze up to 2 months. Bake in preheated 400°F. oven for 45 minutes. Serve at once with sauce.)* Preheat oven to 400°F. Bake chicken 35 minutes. Serve at once with sauce. Makes 6 servings. About 555 calories each without sauce.

To make sauce: In small saucepan over medium heat, stir flour into melted butter or margarine. With whisk blend in broth and vermouth. Heat to boiling; lower heat and simmer 3 minutes. Remove from heat; add cheese and stir until melted. Makes about 1¾ cups. About 25 calories per tablespoon.

16. POULARDE GROS SEL
(Chicken with Coarse Salt)
pictured on page 123

Our adaptation from a recipe from La Grenouille—a famous New York City restaurant.

2 broiler-fryer chickens (3 lbs. each), cut up
4 cups water
1½ pounds turnips (about 5), cut in eighths
1 pound carrots, cut in 1-inch slices
1 large onion, cut in eighths
2 ribs celery, cut in 1-inch slices
1 head (about 2 lb.) cabbage, cut in 6 wedges
5¼ cups chicken broth
1 tablespoon salt
⅛ teaspoon pepper
Horseradish Sauce
2 tablespoons flour
4 to 5 tablespoons prepared horseradish
1 cup chicken broth
1 cup heavy or whipping cream
¼ teaspoon salt
Coarse salt

In large saucepot place chicken, vegetables, chicken broth and s ings. Heat to boiling. Cover and s for about 30 minutes or until c is tender.

Drain* and arrange on a servin ter with the chicken surrounded b etables. Serve with Horseradish and coarse salt. Makes 8 servings. 340 calories per serving.

*The broth makes a wonderful base.

Horseradish Sauce: In a small sau stir flour into horseradish. Add cream and salt. Heat to boiling (look curdled), stirring until smoot thickened. Reduce heat and sim minutes. Makes 2 cups. About 3 ories per tablespoon. *(conti*

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No gravy should be w



Mom's simple homemade roast meat

To make 2 cups (5 to 6 servings) of gravy, ad spoons flour to 4 tablespoons pan Cook and stir until smooth. Add 2 c and cook, constantly stirring, u thickens. Add 1 Kitchen Bouquet a to taste. F gravy, Kitchen

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CHICKEN

continued

17. OLIVE CHICKEN BALLS
pictured on page 122

A splendid little appetizer using canned chicken.

⅓ cup butter or margarine
½ cup minced onion
½ cup unsifted all-purpose flour
¾ teaspoon salt
¼ teaspoon nutmeg
Dash cayenne pepper
2 cups milk
4 cans (5 oz. each) chicken, flaked or
2½ cups finely chopped cooked chicken
½ cup chopped parsley
2 cups dried bread crumbs
1 cup small pimiento-stuffed olives, halved
Salad oil for deep-frying

In medium saucepan melt butter or margarine. Add oni sauté until tender. Stir in flour, salt, nutmeg and c until smooth. Gradually pour in milk, stirring constant cook until mixture thickens and begins to boil. Boil 1 stirring constantly. Remove from heat and stir in c ⅓ cup chopped parsley and 1 cup bread crumbs. Refr until well chilled, at least 2 hours. Roll a teaspoonful chilled chicken mixture around an olive half to form Repeat until all chicken mixture is used. Combine rem bread crumbs and parsley. Roll balls into bread crum ture to coat well. Refrigerate until well chilled, ab minutes.

In deep fat fryer, heat 2 inches salad oil to 375°F. o fat thermometer. Fry balls, a few at a time, until Remove with slotted spoon; drain on paper towels. cooked appetizers hot in a 300°F. oven while cooking r ing.) Continue frying remaining balls. *(Can be made Cover and freeze up to 1 month. Heat in a 350°F. ove heated through, about 15 to 20 minutes.)* Serve hot. about 6 dozen. About 45 calories each.



18. JAPANESE CHICKEN WINGS
pictured on page 122

Our assistant food editor got this recipe from Californi Maruka Fijita, an old family friend.

2 pounds chicken wings
½ cup soy sauce
½ cup sake
¼ cup sugar
¼ teaspoon crushed red pepper
1 garlic clove, crushed
1½ teaspoons grated fresh ginger root
(we don't recommend using powdered ginger)

Cut each chicken wing into 3 parts, separating at the j (Freeze wing tips for another use—such as broth.) In inch baking dish, mix remaining ingredients. Add ch wings and turn to coat well. Let marinate for 1 hour, tu occasionally. *(Can be prepared in advance. Cover and r crate 24 hours.)*

Preheat oven to 375°F. Bake chicken in marinade u ered for 1½ hours, turning occasionally. Serve warm or Makes 24 appetizers. About 60 calories each. *(conti*

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Photograph is approx. 2 times actual size.

"See how Shake 'n Bake® keeps chicken more moist and tender."

COATING MIX



Fried chicken can be dry.
Baked chicken can be dry.
But chicken made with Shake 'n Bake® coating mix comes out more moist and tender—because the crispy coating seals in the juices.

"With Shake 'n Bake® coating mix you get crispy chicken at its tender best."

CHICKEN

continued

19. INDONESIAN CHICKEN SATE
pictured on page 123

The coconut cream adds the unique sweet taste to this appetizer. Use any remaining coconut cream for Piña Coladas.

3 whole chicken breasts, skinned and boned
1 cup coconut cream (available in gourmet section of supermarkets, some liquor stores)
1 garlic clove, crushed
2 teaspoons crushed coriander
1 teaspoon salt
¼ teaspoon white pepper
Sauce
½ cup creamy peanut butter
½ cup chicken broth
1 tablespoon chili powder
¼ teaspoon cayenne pepper

Cut chicken breasts into 1x½-inch cubes. In medium bowl combine next 5 ingredients. Add chicken, stir; cover and refrigerate overnight.

In medium bowl, with wire whisk mix ingredients for sauce. Preheat broiler. Thread chicken pieces on 6-inch skewers; place on foil-lined pan. Broil 6 inches from heat for about 5 minutes; turn over and broil another 5 minutes. Serve warm with sauce as an appetizer. Makes about 60 pieces. About 25 calories each without sauce. Sauce about 24 calories per tablespoon.

20. SESAME CHEESE DRUMSTICKS
pictured on page 122

Bound to be a favorite with the kids. Also, a terrific lunchbox treat.

1 cup Cheddar cheese cracker crumbs (about ⅓ of 10 oz. package)
½ cup sesame seeds, toasted*
⅛ teaspoon pepper
Pinch cayenne pepper, optional
3 pounds chicken drumsticks (about 12 to 14)
⅓ cup evaporated milk

Preheat oven to 350°F. In plastic bag place first 4 ingredients; shake. Dip drumsticks in evaporated milk, then shake in plastic bag until well coated. Place in a single layer in shallow baking pan. Bake uncovered for 60 minutes or until fork tender. *(Can be made ahead to this point. Cover and freeze up to 1 month.)* Makes 6 servings. About 180 calories each drumstick.

*To toast sesame seeds, place in a flat pan in 350°F. oven for 10 minutes.

21. POLYNESIAN CHICKEN
pictured on page 122

We've always been fond of sweet 'n sour anything. This is an especially good—and pretty—version.

1 pound chicken breasts, skinned, boned and cut into ½-inch pieces
2 tablespoons dry sherry
2 tablespoons soy sauce
1¼ teaspoons salt
1 egg, beaten
5 tablespoons cornstarch
½ cup salad oil
1 can (20 oz.) pineapple chunks in own juice, drained (reserve juice)
½ cup catsup
2 tablespoons light brown sugar
3 tablespoons cider vinegar
1 large green pepper, sliced into ¼-inch pieces
½ cup sliced water chestnuts
10 green onions, sliced into 2-inch strips (about 2 cups)
1 large tomato, cut into chunks

In medium bowl combine chicken, sherry, soy sauce and ¼ teaspoon salt. Toss until well coated; marinate at least 2 hours in refrigerator.

In another bowl combine egg and 3 tablespoons cornstarch until smooth. In Dutch oven or wok, heat salad oil. Dip chicken into egg batter then cook, stirring frequently, until lightly browned and tender. Remove chicken with slotted spoon. Reserve 2 tablespoons oil; discard remaining.

Meanwhile, in a small bowl combine reserved pineapple juice, catsup, sugar, vinegar, remaining 2 tablespoons cornstarch and remaining 1 teaspoon salt. Set aside.

In remaining oil in Dutch oven, sauté green pepper for 2 minutes or until tender. Add water chestnuts, onions, pineapple chunks and tomato and cook until heated through, stirring frequently. Add sauce mixture and cook until thickened. Return chicken to skillet and cook until heated through. Makes 6 servings. About 270 calories per serving.

22. HONEY-MUSTARD CHICKEN
pictured on page 123

A very simple broiled chicken recipe. Keep a close eye on it to make sure it doesn't burn.

2 broiler-fryer chickens (about 2½ lbs. each), halved
2 teaspoons garlic salt
4 tablespoons Dijon mustard
Juice of 1 lime
⅓ cup honey

Preheat oven to broil. Sprinkle garlic salt evenly on chicken halves. Place chicken skin-side down on broiling pan. Spread each half with ½ tablespoon mustard. Stir lime juice into hon
aside. Broil chicken 5 inches fr
in gas broilers and 6 to 7 inch
heat for electric broilers for 15
Brush lime-honey mixture on
and broil an additional 5 minute
spread other side with remaini
tard, broil for about 8 minutes
tender. Baste with remainin
honey mixture. Makes 4 serving
545 calories each.

23. MOLE POBLANO
pictured on page 124

*A spicy south-of-the-border dish
hint of chocolate.*

1 broiler-fryer chicken (2½ lb.), cu
2 teaspoons salt
2 tablespoons salad oil
1 cup chopped onion (1 large)
½ cup tomato sauce
¼ cup creamy peanut butter
1 square (1 oz.) unsweetened cho finely chopped or grated
¼ cup dry bread crumbs
¼ cup chili powder
1½ teaspoons sugar
¼ teaspoon cinnamon
¼ teaspoon ground cumin
¼ teaspoon cloves
1 garlic clove, crushed

In large saucepan place chicken
Add 6 cups water and 1 teas
salt. Cover and heat to boilin
until tender, about 20 to 30
Remove chicken and set aside
broth, reserving 1¾ cups for sauc
remaining broth for another pu
Return chicken to same saucepa
warm.

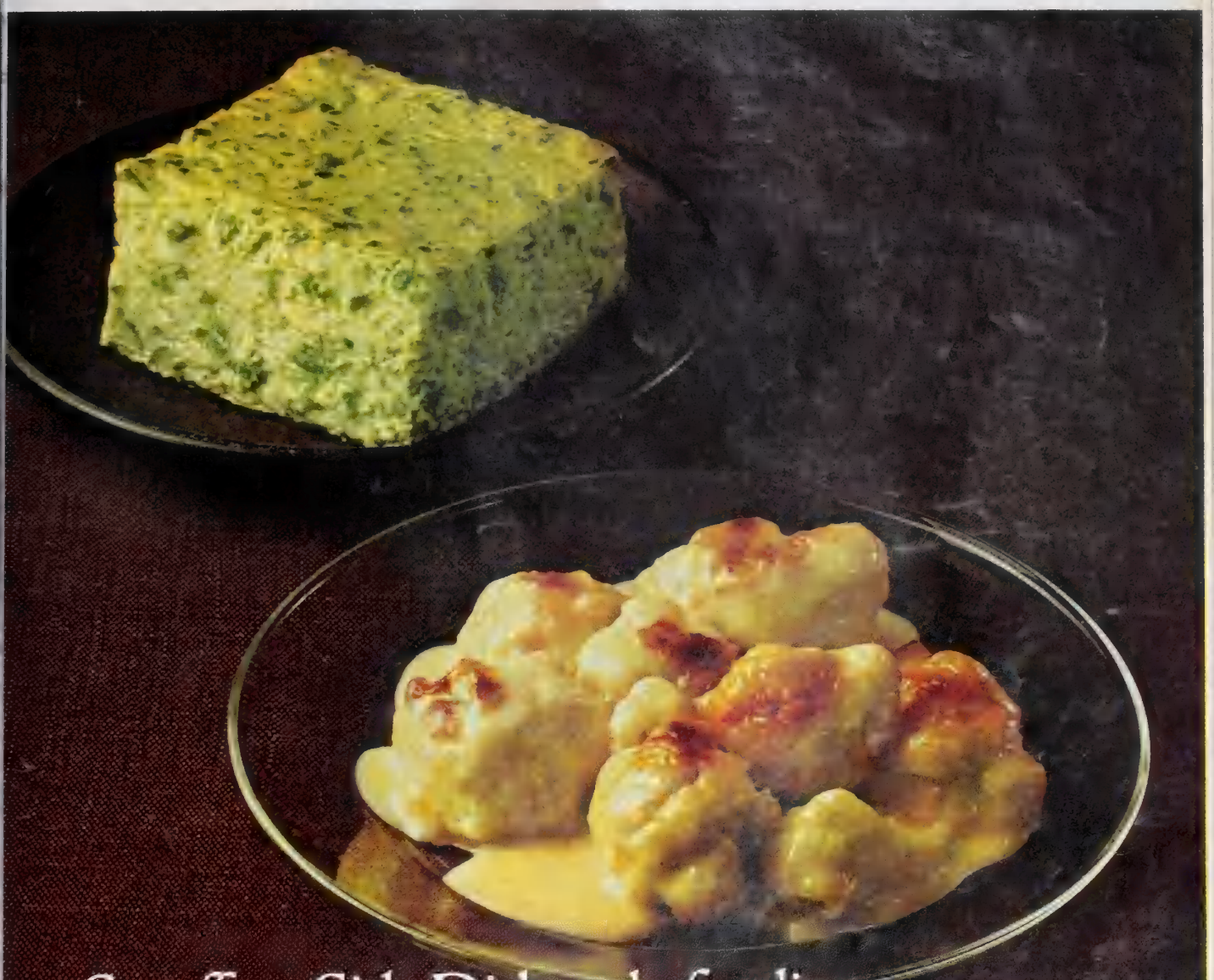
Meanwhile, in large skillet he
oil. Add onion and sauté until
stirring occasionally. Place on
blender container with remain
gredients, remaining 1 teaspoon
reserved broth. Cover and blend
speed until smooth, stopping
occasionally and scraping down
container with rubber spatula
sauce over chicken in saucepan
and cook slowly until heated t
about 5 to 10 minutes.

Uncover saucepan and simme
en mixture until sauce is thi
about 5 minutes. Makes 4 s
About 520 calories each. *(con*



"I wonder if any local school teaches a course called 'Remedial Eating'!"

What a cherry does for a sundae,



Stouffer's Side Dishes do for dinner.

Stouffer's Cauliflower au Gratin and Asparagus Souffle are just two of the 13 side dishes Stouffer's makes. To liven up a simple meal. Or do justice to a special one.

Out-of-the-ordinary dishes. Made with uncommon care. To be uncommonly good. That's why they're the great mealtime accessories.



Stouffer's Side Dishes.
The great mealtime accessories.

I suppose it could have been hamburger and potato chips, but a blend of two rices with different herbs and seasonings made it a meal.



What a success.



original . . . or fast cooking

CHICKE

continued

24. TROISGROS VINEGAR CH
pictured on page 124

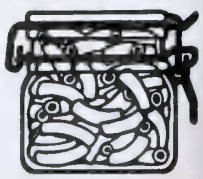
Frank Riordan, St. Louis execu chef nonpareil, acquired this rec his friend Jean Troisgros of the 3-star restaurant in Rouanne, Fr

1 broiler-fryer chicken (3 to 3½ lb cut up
1 onion, cut in half
1 carrot, cut in half
1½ cups water
Salt and pepper to taste
5 tablespoons butter or margarin
15 garlic cloves, *unpeeled* (yes, 1
¼ cup good quality red wine vine (the original recipe called for 3 tablespoons)
2 fresh tomatoes (about 1¼ cups peeled, seeded and chopped
1 tablespoon tomato paste
Bouquet Garni
2 sprigs parsley
½ bay leaf
¼ teaspoon thyme
¼ teaspoon chervil
½ teaspoon salt
⅛ teaspoon pepper
1 tomato, chopped
Chervil, if desired, for garnish

Cut wing tips from chicken w medium saucepan place chick back, wing tips, onion, carrot cups water. Heat to boiling o heat. Reduce heat; cover and 30 minutes. Cool. Strain broth a off fat.

Meanwhile, sprinkle remainin en lightly with salt and pepper. skillet melt 1 tablespoon butter garine. Add chicken and cook u browned on all sides, about 5 Add garlic cloves, cover skillet a for 20 minutes. Discard fat. A gar to skillet and stir to sc brown bits. Cook 2 minutes. A matoes, tomato paste and bouqu Cover and cook another 10 Remove chicken to platter a warm in a 200°F. oven. Add chicken broth to skillet. Heat t and boil until sauce is reduced about 5 minutes. Remove bouqu discard. Remove skillet from h stir in remaining butter and pepper.

Take whole contents of ski run through a food mill (fine Return to skillet and stir chopped tomato; heat until hot over chicken. Sprinkle lightly wi chervil, if desired. Makes 4 About 490 calories each. *(co*



)ear Fleischmann's Yeast,

We're up to our necks in buns!)ur recipes make too much for he two of us. Help!



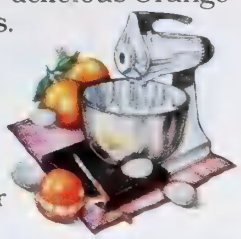
Necks,
as much—or as little—as eed. Get a rise out of hmann's Yeast the r dough way.



We've developed recipes that let you mix, knead, shape and freeze your own special freezer doughs. Freeze all the dough ater take out only as as you want. Let thaw, e, then bake.

ezer doughs are ideal all families—and small rs (since freezer doughs rise first, they take up ttle space).

can make freezer dough nuts or dinner rolls, cakes or French bread, sticks or sticky buns. ot start now? With this ecipe for delicious Orange om Buns.



need:
ps sugar
grated
ge peel
6½ cups
fted flour
oon salt
. Fleischmann's Active Dry Yeast
(1 stick) softened
schmann's Margarine
hot tap water (about 125°F.)
(at room temperature)
d Fleischmann's Margarine

First, make Orange Sugar topping by mixing 1 cup sugar and ¼ cup grated orange peel. Set aside.

The fun begins.
In large mixing bowl, thoroughly mix 1¼ cups flour, ¾ cup sugar, salt, and undissolved yeast. Add softened margarine. Gradually add tap water.



Beat 2 minutes at medium speed of electric mixer. Scrape bowl occasionally. Add eggs and ¼ cup flour. Beat at high speed 2 minutes, scraping bowl occasionally. Stir in enough additional flour to make a soft dough. Turn out onto lightly floured board. Knead until smooth and elastic—about 8 to 10 minutes.

Divide dough into 3 equal parts. Divide one part into 8 equal pieces. Form each piece into a smooth ball; dip into melted margarine; coat with ⅓ Orange Sugar; cluster in greased 8" round cake pan. Cover tightly with plastic wrap, then with aluminum foil. Place in freezer. Repeat with remaining dough and coating. Keep frozen up to 4 weeks.

Rise and blossom.
Take pan from freezer and let stand at room temperature until fully thawed—about 3 hours (keep loosely covered with plastic wrap). Let rise in warm place, free from draft, until more than doubled in bulk—about 2¼ hours.

Bake at 350°F., 25 to 30 minutes, or until done. Remove from pan, cool on wire rack.

And enjoy... That aroma and taste of fresh-baked... the creative satisfaction of baking from scratch with Fleischmann's Yeast. It's more than a matter of doing your own baking. It's a wonderfully warm way to express yourself and to express your love for family and friends.



Another fine product of *Standard Brands*



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tional freezer dough recipes send $1 to: Fleischmann's Yeast Bake-It-Easy Book, P.O. Box 2120, Dept. N, Teaneck, N.J. 07666. Allow 4-6 r delivery. No order accepted without zip code. Offer good in U.S.A. while supply lasts. Offer void where prohibited or restricted.

Tarragon Fillets

Another Calorie Wise
TASTI DIET recipe

Drain 1 can (16 ounce) Tasti Diet cling peach halves. For each serving, wrap fish fillet (1/4 pound) around peach half. Place in individual baking dish. Cut remaining peach halves into halves. Place around fish. Combine 1/2 cup tarragon vinegar, 1 tablespoon chopped parsley, 1/2 teaspoon Worcestershire sauce and 1/8 teaspoon salt. Spoon over fish and peaches, place lemon slices on fish. Cover with foil. Bake in 350 degrees F. oven 20 minutes.

2 Servings—About 250 calories per serving.

TILLIE LEWIS
Tasti Diet
TILLIE LEWIS FOODS, INC.
a subsidiary of
OGDEN CORPORATION



DELICIOUS

broth, milk, remaining 1 teaspoon salt and pepper, constantly. Cook until thickened. Remove from heat cups cheese (save rest for topping), stir until melted.

Meanwhile, cook spaghetti *just* to "al dente" stag and set aside. Preheat oven to 350°F. Combine chicken, sautéed vegetables, sauce, sherry and cook ghetti until well mixed. Spoon into 4-quart cassero *be made ahead to this point. Cover and freeze up to 3 Thaw overnight in refrigerator. Bake in a 350°F. ove hours.)* Cover and bake for 40 minutes. Uncover and on remaining cheese; bake 10 more minutes, unc Makes 10–12 servings. About 600 calories for each o

26. CHICKEN WITH BEER
pictured on page 124

Despite the number of ingredients, this is an easy, tast

6 slices bacon, cut into ½-inch pieces
1 broiler-fryer chicken (2½ to 3 lb.), cut up
2 cups thinly sliced onions (about 2 large)
½ cup sliced carrots
1 garlic clove, crushed
1 can (12 oz.) beer
1 tablespoon cider vinegar
1 teaspoon salt
1 teaspoon sugar
½ teaspoon thyme, crushed
¼ teaspoon rosemary, crumbled
⅛ teaspoon pepper
2 tablespoons flour
3 tablespoons water

(con



CHICKEN

continued

25. CHICKEN TETRAZZINI
pictured on page 125

As an old standby, this may be our most favorite freeze-ahead casserole. Great for a crowd.

1 stewing chicken (5 lb.), cut up
2 quarts water
3 teaspoons salt
1 medium onion, halved
3 celery tops
6 tablespoons butter or margarine
1 large onion, chopped
1 green pepper, chopped
2 garlic cloves, crushed
1 pound mushrooms, sliced
½ cup all-purpose flour
2 cups milk
¼ teaspoon pepper
4 cups (1 lb.) shredded sharp Cheddar cheese
1 pound spaghetti
⅓ cup dry sherry

In large saucepot combine chicken, water, 2 teaspoons salt, halved onion and celery tops. Heat to boiling. Reduce heat and simmer, uncovered, for 2 to 2½ hours or until chicken is tender. Remove chicken from broth and cool. Remove skin and bones, discard. Cut chicken into 1-inch chunks. Strain broth and skim off fat; reserve 2 cups broth for sauce.

In large saucepan, melt 2 tablespoons butter or margarine. Add chopped onion, green pepper and garlic; sauté until tender, stirring occasionally. Add mushrooms. Sauté and cook for 1 minute. Remove vegetables and set aside. Add remaining butter or margarine to saucepan and melt over low heat. Add flour and stir until smooth and bubbly. Gradually add reserved

DIETIN



Bay Poulet

Another Calorie Wise
TASTI DIET recipe

Drain half the juice from 1 can (16 oz.) Tasti-Diet peach halves into small mixing bowl. Combine tw tablespoons dry white wine, 1/4 teaspoon garlic p 1/4 cup lemon juice and 1/8 teaspoon black pepp well; pour over peaches. In one half of whole bo flattened chicken breast wrap one peach half. Pla individual baking dish. Cut second peach into ha placing around chicken. Spoon small amount seasoned sauce over peaches and chicken. Cover with foil. Bake in 350 degrees F. oven 30 minutes.

2 Servings—About 220 calories per serving.

*or two whole garlic cloves.

A full line of diet you can count

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Offer expires October 31, 1978

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In large skillet, cook bacon until crisp. Remove with slotted spoon; drain on paper towels. To bacon drippings, add chicken and cook until well-browned on all sides, about 5 to 10 minutes. Remove chicken and set aside. In remaining drippings, add onions, carrots and garlic; sauté, stirring frequently, about 5 minutes or until onions are translucent. Discard excess fat. Stir in beer, vinegar and seasonings and heat over high heat, stirring constantly, until sauce bubbles. Return chicken to skillet. Reduce heat; cover and simmer for 30 to 35 minutes until chicken is tender. Skim off excess fat. Mix flour and water until smooth, stir into skillet. Cook until sauce thickens. Return bacon to skillet and stir until well coated. Makes 4 servings. About 425 calories per serving.

27. CURRIED CHICKEN
pictured on page 124

One of our favorite things about curry is all the go-alongs: chutney, coconut, green onions, cucumbers, nuts, etc., etc.

½ cup butter or margarine
2 cups chopped onions
2 cups chopped celery
2 large tart apples, diced, unpeeled
1 garlic clove, crushed
2½ tablespoons curry powder
2 teaspoons salt
¼ teaspoon pepper
⅓ cup all-purpose flour
4 whole chicken breasts (about 2 lbs.), skinned, boned and cubed
1½ cups chicken broth
⅓ cup heavy cream

In Dutch oven melt butter or margarine. Add onions, celery, apples, garlic, curry powder, salt and pepper. Reduce heat to low and sauté until onions are tender, about 15 to 20 minutes, stirring occasionally. (Be careful not to cook too quickly; onions should not brown.)

In bag, place flour. Add chicken cubes and shake until well coated. Add chicken and any remaining flour to Dutch oven and stir until well mixed; cook about 5 minutes. Add broth and cream; stir until well combined. Heat to boiling, stirring constantly. Reduce heat to low; cover and cook for 1 hour, stirring occasionally. Serve with choice of curry accompaniment. Makes 6 servings. About 460 calories each.

28. CHICKEN CACCIATORE
pictured on page 124

We can't imagine NOT adding a garlicky, buttery pasta and a jug of red wine.

3 tablespoons flour
2 teaspoons salt
1 broiler-fryer chicken (2½ lb.), cut up
¼ cup salad oil
1 cup chopped onions
1 cup diced celery, ¼-inch thick
¼ pound mushrooms, sliced
1 garlic clove, crushed
1 bay leaf
1½ teaspoons oregano
¼ teaspoon pepper
Pinch sugar
½ cup red wine
1 can (16 oz.) tomatoes
1 can (6 oz.) tomato paste

In bag combine flour and ½ teaspoon salt. Add chicken, a few pieces at a time, and shake until well coated. In large skillet, heat oil. Add chicken and remaining flour and cook until well browned on all sides, about 5 to 10 minutes. Remove from skillet. Add onions, celery, mushrooms, garlic, bay leaf, oregano, pepper, sugar and remaining salt to skillet. Sauté, stirring occasionally, about 5 minutes. Add wine, tomatoes and tomato paste. Break up tomatoes with a fork. Return chicken to skillet. Heat to boiling, stirring constantly. Reduce heat; cover and simmer 45 to 50 minutes, until tender. Remove bay leaf. Makes 4 servings. About 510 calories each.

29. CHICKEN POT PIE
pictured on page 125

Just like grandma used to make.

1 broiler-fryer chicken (2½ lb.), cut up
4 cups water
1 tablespoon salt
1 medium onion, sliced
1 bay leaf
2 celery leaves (tops)
10 peppercorns
½ cup butter or margarine
1 cup unsifted all-purpose flour
½ cup milk
1 teaspoon poultry seasoning
⅛ teaspoon pepper
1¼ cups frozen small whole onions, thawed (from a 20-oz. bag)
2 packages (10 oz. each) frozen peas and carrots, thawed
Pastry for single crust 9-inch pie

In large saucepan place chicken, water, 1½ teaspoons salt and next 4 ingre Cover and heat to boiling. Reduc and simmer 40 minutes. Remove en and set broth aside to cool. broth and discard vegetables. R enough broth to equal 3½ cups. D skin and bones from chicken; cu into ½-inch chunks (about 2½ cu same saucepan melt the butt margarine.

Add flour and stir until s Gradually stir in 3½ cups broth, remaining 1½ teaspoons salt, seasoning and pepper; cook until ened, stirring constantly. Add peas and carrots and cook 5 m Stir in chicken. Pour into 2½ casserole dish.

Preheat oven to 400°F. Roll o try to fit top of casserole. Fold pa quarters; cut slits for steam to and fit on top of casserole. Flute Brush pastry with beaten egg, sired. *(Can be made ahead to this Cover and freeze up to 1 month. frozen, uncovered, in a 400°F. Bake for 1½ hours.)* Place on sheet. Bake 35 to 40 minutes, o crust is golden and mixture is b Makes 6 servings. About 635 c each.

30. CHICKEN TONNATO
pictured on page 125

One of the most elegant cold e we know—a takeoff on the classic Tonnato.

3 whole chicken breasts (1½ lbs.),
3 cups water
1 onion, cut in half
1 rib celery, cut in 2-inch pieces
2 teaspoons salt
1 small bay leaf
Sauce
1½ cups mayonnaise
1 can (6½ oz.) tuna, drained
6 flat anchovy fillets, drained
2 tablespoons lemon juice
3 tablespoons capers
Lettuce leaves or other greens
Tomato slices, for garnish, optional

In a medium saucepan place c breasts and next 5 ingredients. H boiling; reduce heat to low, cov simmer 20 to 30 minutes. Remov from heat and cool chicken in Remove chicken from broth with spoon; discard skin and bones. erate chicken. (Use chicken bro another purpose.)

Sauce: In blender container or processor place mayonnaise, tun chovy fillets, lemon juice and 1 spoon capers. Cover and blend o cess until smooth. Scrape into bow fold in remaining capers. On s platter arrange chicken breasts lettuce.

Spoon sauce over chicken to Garnish with tomato slices and tional anchovy fillets, if desired. 6 servings. About 655 calorie serving.

BOY ON A MERRY-GO-ROUND

By Hannah Kahn

Come take a ride on a merry-go-round
Choose a horse that goes up and down;
You keep going around on the merry-go-round
And then you have to get down.

While you're riding the music is gaining speed
And you ride your horse to the sound
Of galloping horses that race with the wind
Their hoofs never touching the ground.

And when the ride is over you think
That you captured time and space;
Then you pat the horse that was fleetingly yours
And you press your cheek to his face.

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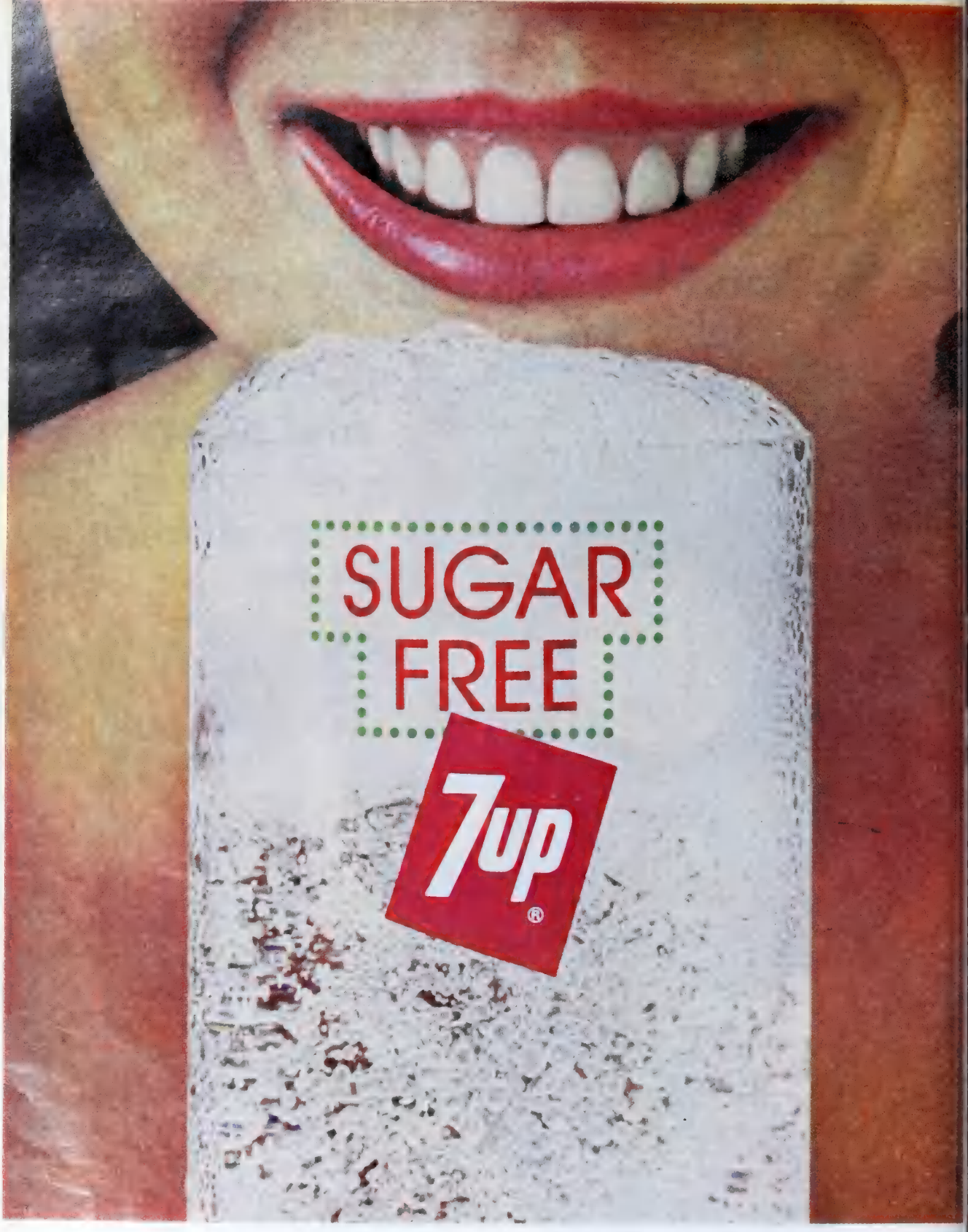


9 mg. 'tar'

*One cigarette which made up less than 1% of Menthol Longs U.S. sales is lower in 'tar.'

'tar,' 0 .8 mg. nicotine, av. per cigarette, by FTC method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.



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fectly prepared, you can see
ood they're going to taste.
ome Pride® Butter Top bread.
s and tastes like real bread
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hat's where we bake
tter right into
Pride Butter
hite and
We split the top,
add pure creamery butter . . .
. . . and let it bake right in.
ome Pride Butter Top Bread.
© 1978, Continental Baking Co.

OOD WITH A VIEW

continued from page 85

s leaving a ½-inch shell. Chop s and use for stuffing.

ke stuffing: In a large skillet, over m heat, sauté pork sausage, break- ith a fork, until browned. Push to one side and sauté chopped centers and celery until onions are n. Remove from heat and stir in dry read stuffing and thyme. Sprinkle (approximately ¼ cup) over mix- oss until evenly moistened.

eat oven to 350°F. Fill onions tuffing, about ½ cup each. Place in a shallow buttered baking dish. n ½ cup water. Bake covered for 35 minutes or until onions are y browned. Makes 6 servings. 310 calories each.

TOMATOES STUFFED WITH SPINACH ROCKEFELLER
pictured on page 80

tomatoes
butter or margarine
finely chopped onion
c clove, minced
ps chopped, cooked spinach, ned
spoon thyme
t teaspoon salt
seasoned bread crumbs
grated Parmesan cheese

omatoes, remove stem end, scoop out seeds; turn upside down to drain.

In small skillet melt ¼ cup butter or margarine. Add onions and garlic; sauté until tender. Add spinach, seasonings and bread crumbs; mix well. Add slightly beaten eggs and cook, stirring constantly, until eggs are firm. Stuff tomatoes with spinach mixture. Sprinkle cheese over top; dot with additional butter or margarine. Bake in a preheated 350°F. oven for 10 minutes or until brown on top and heated through. Makes 6 servings. About 205 calories each.

PIQUANT GREEN BEANS
pictured on page 80

1½ pounds green beans
3 bacon slices, cut in ½-inch pieces
2 tablespoons diced pimiento
2 tablespoons red wine vinegar
¼ teaspoon sugar
1 tablespoon Worcestershire sauce
¼ teaspoon dry mustard
2 drops bottled red pepper sauce

Steam whole beans for 15 minutes or until tender. In skillet cook bacon until crisp, remove bacon with slotted spoon and add to beans. To bacon drippings in skillet add remaining 6 ingredients. Bring to a boil, stirring constantly. Pour over beans, mix well. Makes 6 servings. About 100 calories each.

PEPPER-CHEESE ZUCCHINI
pictured on page 80

2 pounds zucchini squash, unpeeled and cubed
½ cup milk
1 pound Monterey jack cheese, grated
¼ cup chopped parsley
1 can (4 oz.) green chilies, diced
3 tablespoons flour
1 teaspoon salt
4 eggs, beaten
1 teaspoon double-acting baking powder
1 tablespoon butter or margarine
1 cup fresh bread crumbs

Cook squash until barely tender. Drain. Mix in all ingredients except butter and crumbs.

Preheat oven to 325°F. Grease sides and bottom of an 8-inch square dish with butter. Sprinkle sides and bottom of dish with ½ cup crumbs. Add squash mixture. Top with remaining ½ cup crumbs. Bake until firm, about 30 to 40 minutes. Makes 6 to 8 servings. About 430 calories for each of 6 servings; 320 calories for each of 8.

MUSHROOMS IN SOUR CREAM
pictured on page 80

¼ cup butter or margarine
1 pound whole small mushrooms
½ cup minced green onions
1 tablespoon flour
½ cup beef stock
1 teaspoon dill weed
⅛ teaspoon salt
Pinch pepper
1 cup sour cream

In medium skillet melt butter or margarine. Add mushrooms and *(continued)*

green onions; sauté until tender. Stir in flour and add beef stock gradually. Cook, stirring, until the sauce thickens. Add dill, salt and pepper to taste. Simmer for 10 minutes. Stir in sour cream and reheat just to boiling. Makes 4 servings. About 270 calories per serving.

BLUM'S CHOCOLATE-COFFEE-TOFFEE PIE
pictured on page 82

Pastry shell
- ½ package (10 oz.) pie crust mix or recipe for single 9-inch crust
- ¼ cup brown sugar, firmly packed
- ¾ cup finely chopped walnuts
- 1 square unsweetened chocolate, grated
- 1 tablespoon water
- 1 teaspoon vanilla extract

Filling
- ¼ cup softened butter or margarine
- ¾ cup sugar
- 1 square unsweetened chocolate, melted and cooled
- 2 teaspoons instant coffee
- 2 eggs

Coffee topping
- 2 cups heavy or whipping cream
- 2 tablespoons instant coffee
- ½ cup confectioners' sugar

Chocolate curls

Preheat oven to 375°F. Make pastry shell: In medium bowl, combine pie crust mix with brown sugar, walnuts and grated chocolate. Add water and vanilla and using fork, mix until well blended. Turn into 9-inch, well greased pie plate. Press mixture firmly against plate. Bake for 15 minutes. Let cool on wire
Filling: In bowl, beat butter or m
rine until creamy. Gradually add
beating until light and fluffy. Bl
melted chocolate and 2 teaspoo
stant coffee. Add 1 egg; beat 5 mi
Add remaining egg; beat 5 m
longer. Spoon filling into baked pi
and refrigerate overnight, covere
Coffee topping: Next day, in large
combine cream with 2 tablespoc
stant coffee and confectioners' sug
frigerate, covered, for 1 hour.
cream mixture until stiff peaks
Pipe whipped cream on pie. G
with chocolate curls. Refrigerate
2 hours. Makes 8 to 10 servings.
495 calories per 8 servings; 395 c
per 10 servings.

APPLE BUTTER-PUMPKIN PI
pictured on page 82

- 1 9-inch unbaked pie shell
- 1 cup apple butter
- 1 cup canned pumpkin
- ½ cup light brown sugar, firmly pac
- ¾ teaspoon nutmeg
- ¾ teaspoon cinnamon
- ⅛ teaspoon ginger
- ½ teaspoon salt
- 3 eggs, slightly beaten
- ¾ cup evaporated milk

Preheat oven to 425°F. Prepare pi
making a high fluted edge; set asi
In a medium bowl, combine
butter, pumpkin, sugar, *(con.*

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30¢ STORE COUPON
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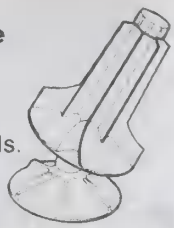
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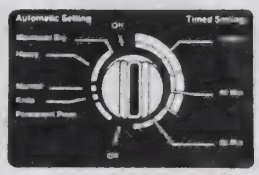


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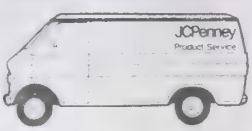
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JCPenney

continued

spices and salt. Add eggs, mixing well. Gradually add milk and stir until well mixed. Pour into pie shell. Bake about 40 minutes. Makes 8 servings. About 325 calories per serving.

WALNUT SOUR CREAM CHIFFON PIE
pictured on page 82

¾ cup walnuts
1 tablespoon grated orange peel
⅔ cup plus 2 tablespoons sugar
1 envelope unflavored gelatin
¾ cup orange juice
Dash salt
3 eggs, separated
1 cup sour cream
1 tablespoon fresh lemon juice
½ cup pitted dates, chopped
1 baked 9-inch pie shell

Chop nuts, saving a few for decoration. Toast for 5 minutes in a 350°F. oven. Combine orange peel and 2 tablespoons sugar. Let dry slightly; set aside. ⅓ cup sugar, orange juice and salt. Cook over low heat until gelatin and sugar are dissolved, stirring constantly. Beat egg yolks lightly. Stir a spoonful of warm orange juice mixture into egg yolks, then combine with remaining orange mixture. Cook over low heat, stirring constantly for 10 to 15 minutes or until mixture coats spoon. Remove from heat; cool. Stir in sour cream and lemon juice. Cool until mixture begins to thicken. Beat egg whites until stiff, gradually adding ⅓ cup sugar. Fold dates and walnuts into gelatin mixture; fold in egg whites. Chill about 5 minutes. Spoon into baked pie shell and chill several hours or overnight. Sprinkle orange peel mixture on pie before serving. Makes 8 servings. About 375 calories each.

SLICE O'LEMON PIE
pictured on page 82

1¼ cups sugar
⅞ teaspoon salt
¼ cup butter or margarine, softe
3 eggs
1 medium lemon
½ cup water
Pastry for 2-crust 8-inch pie

In medium bowl, combine sug and salt; blend in butter or m mixing thoroughly. Separate 1 serving 1 teaspoon egg white. remaining eggs, well-beaten, a well. Grate 1 teaspoon peel fro Peel lemon, removing white m and cut into paper-thin slices. be about ⅓ cup slices.) Add th lemon peel and lemon slices mixture; mix well. Spoon int lined 8-inch pie pan. Cover crust.

Seal and flute edges. Br with reserved egg white. Bake heated 400°F. oven for 35 Makes 8 servings. About 390 per serving.



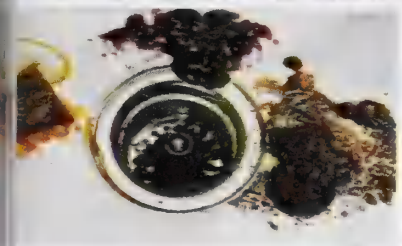
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lgate-Palmolive Company.

continued from page 62

suggestion on a test basis. This lets employees "work smarter rather than harder," and finances a worker's innovation with company money on the chance it will benefit both parties. About 100 Scanlon Plans are in effect nationwide.

SENSITIVITY TRAINING

The Marley sheet metal plant in Louisville, Ky., would have risked losing government contracts if it didn't fulfill its affirmative action plan and hire women. But every time a woman was hired, she left within a month because of hostility from the 275 male employees. To help women enter this traditionally-male job category, and to help men accept female co-workers, Marley brought in the Women and Employment Project (sponsored by the Louisville YWCA), which presented a "psychodrama" to the company's 25 male supervisors. The skits explored typical male responses to women's changing roles and brought the men's fears and misconceptions into the open without embarrassing or challenging them directly.

SETTING YOUR OWN PAY

Many employees receive costly benefits they neither want nor need, says Dr. Edward E. Lawler, an organizational psychologist. He reports that when a large West Coast electronics firm let 12,000 workers devise their own pay age, 80 percent changed their be to fit their family situations. Many lower salaries and higher benefits. an Oakland sales outfit let its 1 ployees research the group rates a its own wages, they turned out to b slightly higher than union scale. M employees often adjust the s fringes ratio or give themselves les ation and more health inurance, unmarried workers do the opposit

FLEXIBLE SCHEDULES

The most frequently cited "qual working life" innovations are thos allow employees' work times to harmony with their individual r family responsibilities and leisur interests. Studies find that the fou 40-hour week is preferred by 78 cent of white-collar workers who' perienced it; they like its extra le the increased knowledge gained covering for the 20 percent of wo who are off each day, and the decr supervision that goes with it. How nearly two-thirds said their work is tiring—and many had trouble coo ating their lives with others.

About 13 percent of all U.S. nesses use "flexitime," a system th quires all employees to work dur "core period" (say 9 a.m. to 3 p.m.) lets them choose when to work th maining hours. Workers like to a their starting or quitting times to dren's schedules, traffic flow, house advanced studies, civic activities child care logistics. According to a survey of 805 executives, manage likes the fact that flexitime imp morale and productivity and reduce senteeism and turnover.

Part-time work with good benefit be the most humane work optio women with school-age children, c students who need to earn money groups who happen to comprise th tal 139-member work force at S Bindery in St. Paul, Minn. The mo work from 8:30 a.m. to 2 p.m. an students from 2:30 to 5 p.m.

"Most people are less productiv their sixth through eighth hours day," says Richard Mangram, S plant manager. "We are presumably ting the best five work hours of our ple's time." Mangram also gives wo a weekly profit and loss statemen there is satisfying feedback about performance or quick correction of mistakes. Since 1970, Selby has moted about 150 employees to b paying, more skilled jobs—and each more minority women and teena (groups with the highest rate of u ployment) gain valuable experie employment references and good v habits. No wonder Mangram reports the community expresses "fierce loy toward the Selby plant!

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1. Separate the items into two or three equal washing machine loads.
2. Use the same amount of dye in each load.
3. Each of the drapery panels must start out the same color.
4. Use the same amount of hot water, at the same temperature, for each load.
5. Agitate each load for the same length of time.

Wait between dye loads to allow the hot water to reach the same temperature as your first load. Remember, for terrific matching results, the water in one load must be exactly the same temperature as the water in the next load.



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GF
GENERAL FOODS

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continued from page 44

1 cup strong veal stock
½ cup dry Marsala wine
1 tablespoon chopped parsley
1 teaspoon lemon juice

1. Salt and pepper veal slices.
2. Using a pastry brush, lightly coat a non-stick sk safflower oil. Sauté the sliced mushrooms.
3. Remove mushrooms. Sauté veal slices over high than 20 seconds on each side. Veal should have pink tinge.
4. Remove veal; keep warm with the mushrooms.
5. Deglaze the skillet with veal stock and Marsala w parsley and lemon juice.
6. Pour deglazed veal stock and wine sauce over the mushrooms. Serve immediately. Makes 4 servings.

*NOTE: For a Mediterranean taste, use half safflowe half olive oil.

BAKED ZUCCHINI SQUASH

45 calories per serving

2 zucchini, medium-sized
Vege Sal
Olive oil seasoned with garlic*
Parmesan cheese, grated

1. Preheat oven to 400°F.
2. Wash zucchini; cut in half lengthwise.
3. Sprinkle zucchini lightly with Vege Sal. Let s about 5 minutes.
4. Brush a small amount of olive oil on each piece.
5. Sprinkle grated Parmesan cheese on top.
6. Place zucchini in a baking pan with a little wat bottom of pan.
7. Bake in 400°F. oven for 25-30 minutes until zu tender but not limp. Makes 4 servings.

*NOTE: To keep seasoned oil on hand, pour olive jar and add peeled cloves of garlic. Use when neede

BROILED CHERRY TOMATOES

35 calories per serving

1 pint cherry tomatoes
½ tablespoon chopped fresh basil
¼ cup chicken consommé
½ teaspoon unrefined sugar*
½ teaspoon Vege Sal
Fresh parsley sprigs, for garnish

1. In a broiling pan, toss all ingredients together.
2. Broil for about 3 minutes until liquid is reduced t consistency and the tomatoes are tender but still h shape. Shake pan while broiling.
3. Garnish tomatoes with parsley sprigs. Makes four

*NOTE: Unrefined sugar is available at health food

BISCUIT TORTONI

42 calories per serving

2 packages diet whipped topping
½ cup egg yolks
½ cup confectioners' sugar
1¼ tablespoons dark rum
¼ cup almond macaroon crumbs

1. Prepare 2 packages of diet whipped topping acco package directions.
2. In a small bowl, whip the egg yolks and confe sugar at high speed for about 5 minutes. Mixture sh thick and lemon colored. Add the dark rum and *(co*



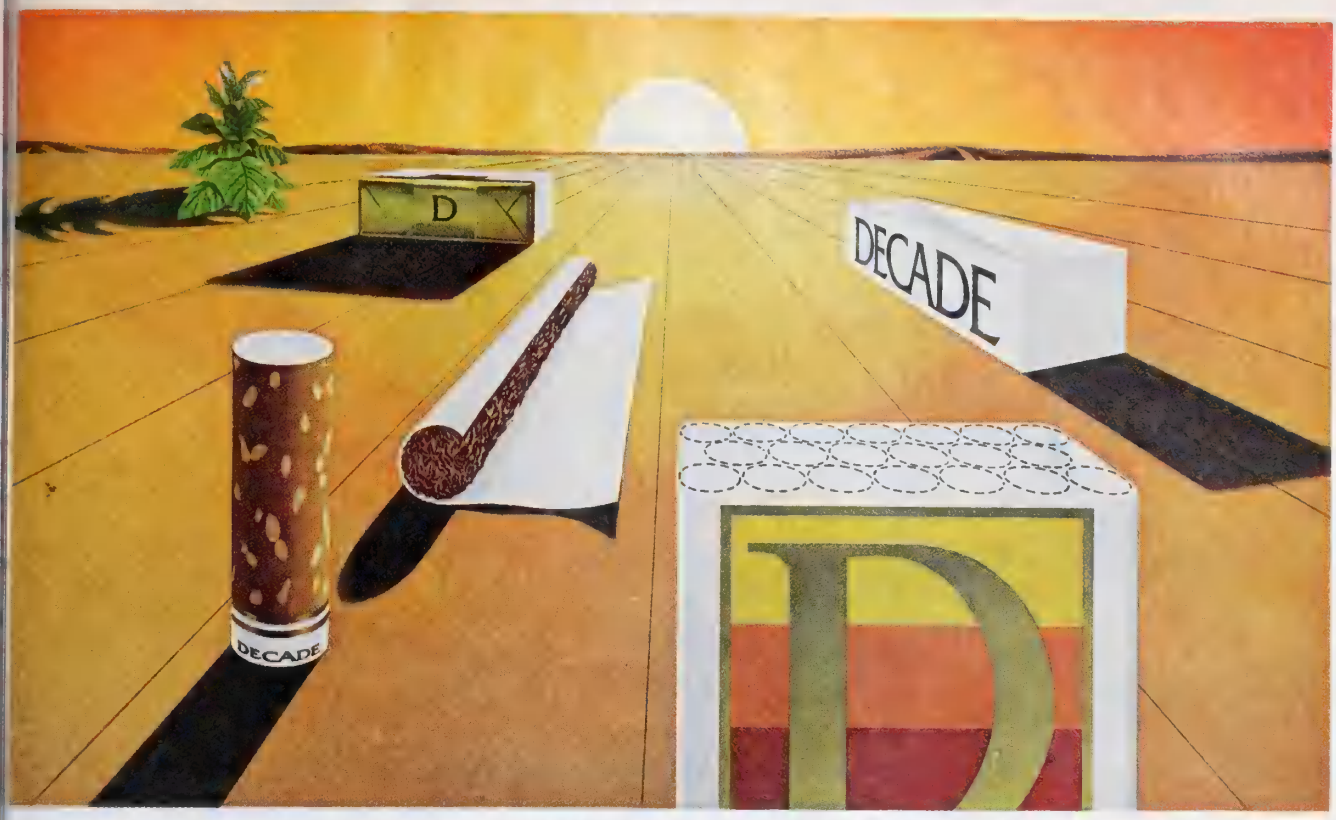
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5 mg. "tar", 0.5 mg. nicotine av. per cigarette by FTC method.

continued

most of almond macaroon crumbs, setting aside a small portion for topping.
3. Fold the egg yolk mixture into the prepared whipped topping. Using a pastry bag, distribute mixture into stemmed cocktail glasses. Freeze well.
4. Before serving, sprinkle with remaining almond macaroon crumbs.
Makes 12 1½-ounce servings.

PAPAYA SUPREME

150 calories per serving

Turkey salad
1 cup cooked turkey meat, diced
¼ cup diced celery
1 tablespoon diced green pepper
¼ cup Maine Chance diet mayonnaise (see below)
2 teaspoons cider vinegar
Salt and pepper to taste
2 ripe papayas or 2 small melons
1 cup alfalfa sprouts
8 mint leaves
4 strawberries
Romaine lettuce leaves

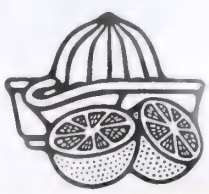
1. In a bowl, mix together turkey meat, celery, green pepper, mayonnaise and vinegar. Add salt and pepper to taste.
2. Cut papayas in half; remove seeds.
3. Line the inside of each papaya half with alfalfa sprouts.
4. Place ⅓ cup turkey salad over alfalfa sprouts.
5. Garnish top of each papaya with two mint leaves and a strawberry. Hold garnish securely with a long, fancy toothpick.
6. Serve on platter lined with bed of romaine lettuce leaves. Makes 4 servings.

MAINE CHANCE DIET MAYONNAISE

34 calories per tablespoon

2¼ teaspoons plain gelatin
¼ cup water
3 egg yolks
½ cup safflower oil
1½ cups plain yogurt
1 teaspoon Vege Sal
¼ teaspoon dry mustard
2 cloves fresh garlic, crushed

1. Sprinkle gelatin over water; let stand five minutes until dissolved.
2. Beat egg yolks well.
3. Add oil, beating it in slowly and constantly.
4. Add yogurt, ¼ cup at a time.
5. Season with Vege Sal, mustard, garlic.
6. Add gelatin mixture while beating.
7. Refrigerate until mayonnaise consistency. Makes 2½ cups.



HIGH FIBER BRAN MUFFINS

50 calories each

1 cup stone ground whole wheat flour
1 teaspoon baking soda
1½ cups bran
½ cup raisins
1 egg
½ cup honey
¾ cup skim milk
2 tablespoons safflower oil

1. Mix together dry ingredients and raisins. Moisten with egg, honey, milk and oil. Stir only enough to blend.
2. Place one-ounce scoops of the mixture into well-greased muffin tins. Bake at 400°F. for 20-30 minutes. Makes 15.

BAKED STUFFED TROUT

145 calories per trout

1 tablespoon safflower oil
2 shallots, chopped
4 mushrooms, chopped
1 garlic clove, chopped
¼ cup dry sherry
½ cup chicken or fish stock
4 raw shrimp, chopped
2 tablespoons whole wheat bread crumbs
1 tablespoon wheat germ (or a sprinkle of bran)
1 tablespoon chopped parsley
Salt and pepper to taste
4 boneless trout, 5-ounces each
Oil or margarine
Paprika to taste

1. Pour oil in a skillet; sauté the shallots, mushrooms, garlic.
2. Add sherry, stock and shrimp. Cook until some of the liquid evaporates, leaving a loose, pasty mixture.
3. Add bread crumbs, wheat germ and parsley.
4. Season with salt and pepper to taste.
5. Place 2 tablespoons of mixture in the cavity of each fish. Lay fish on a lightly greased baking pan.
6. Brush a light coating of oil or margarine over fish. Sprinkle with bread crumbs and paprika.
7. Bake in 400°F. oven for 25 minutes. Serves 4.

SALAD BELVEDERE

100 calories per serving

Salad
4 cups mixed green salad (romaine, Boston, red leaf lettuce)
1 cup diced Delicious apples
1 cup diced cooked beets
Dressing
¼ cup safflower oil
¼ cup tarragon vinegar
⅓ cup chicken consommé
⅓ cup freshly squeezed orange juice
1 tablespoon fresh chopped parsley
Pinch dry mustard
⅛ teaspoon black pepper
1 teaspoon honey
Salt (optional)

For dressing, combine all ingredients; chill well. Before serving, toss gently with mixed greens, apples, beets. Makes six one-cup servings.

BLUEBERRY COUPE

60 calories per serving

4 tablespoons plain yogurt
4 peaches or pears, cooked
1½ cups frozen or fresh blueberries
Honey to taste

1. In champagne glass, place a t spoon of yogurt and top with a pea pear.
2. Purée the blueberries in a blend necessary, add honey to taste.
3. Pour ¼ cup blueberry purée on t fruit and serve. Makes four serving

YOGURT DRESSING

11 calories per tablespoon

1 cup low-calorie cottage cheese
1 cup plain low-fat yogurt
2 tablespoons honey
2 tablespoons fresh lemon juice
1 tablespoon pineapple juice (optiona

1. Put all ingredients in blender, b until smooth.
2. Serve over fruit platter. Make cups.



CHEESE SOUFFLÉ

192 calories per serving

Safflower oil or butter
Grated Parmesan cheese
1½ cups skim milk
3 tablespoons whole wheat flour
1 cup grated Jarlsberg or Swiss chees
1 cup grated cheddar cheese
4 egg yolks
½ teaspoon Vege Sal (optional)
⅛ teaspoon cayenne pepper
8 egg whites
½ teaspoon cream of tartar

1. Preheat oven to 350°F.
2. Prepare 8-cup soufflé dish by o or buttering lightly and sprinkling mesan cheese inside dish.
3. In saucepan, heat 1 cup skim until simmering.
4. Beat together remaining ½ cup and whole wheat flour. Add mixtur heated milk. Simmer five minutes, ring until mixture thickens.
5. Remove from heat. Cool slightly. cheeses, egg yolks and seasonings.
6. In mixing bowl on high speed, b egg whites until foamy. Add crean tartar and continue beating until wh are stiff, hold their shape and hav velvety appearance.
7. Fold the cheese mixture into whites.
8. Pour mixture into soufflé bowl. P soufflé bowl in a pan containing inch water.
9. Bake at 350°F. for 40-50 minu or until done. Makes six servings.

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Mothering

continued from page 52

Some Inventory items, it turn out, predicted intelligence more th others. The most telling were the mo er's involvement with the child, her sponsiveness and the availability playthings.

What do these findings imply mothers? Must they go out immediat and buy whatever educational toys th can afford? Should they drop everythi especially their jobs outside the hon and start interacting nonstop with th toddlers? Does every little kiss add say, to an extra 1/16th of a point on Stanford-Binet?

We questioned Dr. Caldwell, wh we caught up with recently at a Gene Mills Conference on the Americ Family, about what her *(continu*

PATCHES

By Will Stanton

Patches are almost always born at night,
Forgotten until after the late news.
"Oh God," a mother says,
"I've got to patch
Somebody's pants—
I can't remember whose."
Conceived in love, exasperation, blues,
They could, if bronzed,
Out-heartstring baby shoes.
There simply isn't anything that matche
The innate wistfulness you find in patch
Nothing like patched pants on a small b
For bringing out the poignancy
Of serge and corduroy.
I have seen a mother's eyes grow soft
Holding up a pair of fresh patched pant
The way an obstetrician holds
A newborn child aloft.
They are life preservers
Giving to a garment nearly doomed
A second chance,
Another spring, provide
A little extra time
To play outside.
Choreographers much favor them
For dances of the prairie hoedown type.
In blue and yellow they stand out, in che
In stripe.
Untouched by any mother's hand,
As bogus as the wranglers they bedeck.
Patches like motherhood cannot be fake
Patches like love can only be
Unplanned.
Young girls sometimes
wear upon their rears
Patches that are heart-shaped for a joke.
It is no joke.
Young girls as they become young
women find
That heart-shaped patches are
The only kind.



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M-4



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The Plain-Meat Potatoes

Mothering

continued

HOME Inventory means for mothers on a day-to-day basis.

What makes a good mother

Relax. Mothers don't need money to buy educational toys or even much free time to rate high marks in Dr. Caldwell's book. As for playthings, she says, there are probably plenty of toys around the house even if mother never steps foot in a toy store.

In one household Dr. Caldwell visited, there was an ideal toy—a kitchen chair. In the family's parlance, it was called "the push chair"—because the youngest child enjoyed pushing it endlessly around the house.

What made the chair a toy, and not just a place to sit, was how both mother and child viewed it. "Pushing the chair around was treated as a game, as something special that the child was allowed to do," Dr. Caldwell explains. And like other good toys, the chair was educational. While the child was having fun, he also was developing his large motor skills.

To encourage fine motor control, a complementary skill, Dr. Caldwell suggests that a parent might let the child play with a clothespin from the laundry basket. Opening and closing the clothespin will do just as much to promote manual dexterity as fitting together the pieces of a store-bought puzzle, she says.

Furthermore, whether a toy stimulates a child doesn't just depend on clever design. The mother's attitude is frequently what makes it "educational." She often has to encourage a child's interest in a new plaything and show how it works.

Stimulating a child's curiosity may take time, but it doesn't take more than most mothers—even working mothers—have, says Dr. Caldwell. "To be a good mother, I don't think you have to sit down and play with your child all day."

In fact, Dr. Caldwell explains, the amount of undiluted time a good mother spends with her child may be as little as 20 minutes a day—the time it takes to read a bedtime story. The relatively modest amount of pure "child-time" needed, Dr. Caldwell maintains, should be reassuring to working mothers.

When it comes to mothering, Dr. Caldwell believes that it's not just the concentrated one-to-one moments that count. As she scores her HOME Inventory, she notes the little nods and words a mother directs to her child as she attends to other tasks. "I look at the signals she's sending the baby," she says.

The harried young mother who folding the laundry is a perfect exa of what Dr. Caldwell means. This m er may be too busy to devote full a tion to her toddler. But, by giving youngster a pair of socks to play she is helping to foster his curi "She's also sending him a message, plains Dr. Caldwell, "that say haven't forgotten you.'"

A resourceful working mother can find many small ways to bring child into her life. She can let the stir the soup she cooks when she c home from the office. Or, for inst on her way to the supermarket work, she can stop off at home, pic her child and bring him or her alon

Ideally, however, Dr. Caldwell w like mothers to stay at home until children are at least a year old. closeness, she feels, benefits them As a working mother herself, Dr. well remained at home through twins' first birthday. She then wo part-time until they reached school "Basically," she says, "I'm a conte mother-person."

Now that the twins are grown agers, she maintains a busy sche She finds that she travels on spe engagements more than she likes. children still need me," she says. "W my daughter has a problem, she wants to talk to her mother."

ANE FONDA

continued from page 98

it in. One of Fonda's associates airingly agreed: "Jane," she said, hts to cut that part because Hay- is jealous. He doesn't want her d body on the screen—and no one convince her that cutting it will the film as a love story."

Tom reads all my scripts," Jane says. has a better eye than I have. He es in on what's wrong."

fter dinner on the plane, which ate with a hearty appetite, Fonda ed her back and curled up to read ript. Left to my own devices, I an to chat with a middle-aged wom- cross the aisle, who, for no special on other than propinquity, told bout her four kids, her needlepoint, trip to Europe. It was a pleasant to pass the time. Our plane hit an ocket. A little kid who'd been wan- ng up and down lurched and ed a soft drink on me. Then he bed onto my lap and played with necklace till he got bored. A young lishman came to sit in the empty next to me and talked about his job. onda raised her eyes from her ot and swiveled around:

How do you do that?" she asked.

"Do what?"

"Get people to be friendly with you."

"It's what people do on airplanes."

"They don't do it with me," she said.

"The stewardess just told you she loved you in *Julia*."

"She was talking to Jane Fonda, the Movie Star."

"But you are Jane Fonda, the Movie Star."

Fonda returned to her script.

Provocative . . . and happy

This is what I remember most vividly about the next day we spent together (the day before Thanksgiving):

Her eyes turned three shades darker when she was with Hayden. She blushed like a girl when she greeted him. The smile she had for him erased the lines in her face. Sitting, beaming up at him, she flung one leg across the other in a gesture that was clearly invitational and provocative. They never touched—and still I felt like a *voyeur*. For the first time since I'd met her, she seemed genuinely happy, centered, at rest.

Her eyes filled with tears when Troy called her a four-letter word: "He's cross. His demands aren't unreasonable—they're all reasonable demands. I'm just not with him enough. Those damn movies that keep me away from my kids! I was in Europe making *Julia* when Troy changed from diapers to a potty and from a crib to a bed. Vanessa's been cutting classes at school. She thinks it's weird that people are around here all the time interviewing me. She doesn't want her mom to be different from other moms. Yeah, I'm sad. I'm deprived and they're deprived. But we'll make up for it. Tomorrow we'll go to the ranch and be all alone for four days—no telephone, no people, just us. Really, our relationship is terrific. Stable. They won't rebel against me, I'm sure of that. Tom's with them when I'm not, and Vadim's often with Vanessa, and a wonderful Vietnamese woman is with them when none of us is here." She suddenly remembers that sadness is weakness, pulls herself up short and begins to talk about the need for day-care centers. From the next room, Hayden says, "Jane, I'm trying to convince some political organizers to join us for Thanksgiving dinner." For a moment her face falls, then she says, "Hey! Ask them if they wanna meet Julie Christie."

A friend of mine who interviewed Fonda in '68 remembers Jane as "tremulous and tentative, bravely insecure, scared of using big words wrong, and self-reproachful for floundering around in jargon. She had more questions than she had answers; she was searching."

I wish I had met her then. **End**

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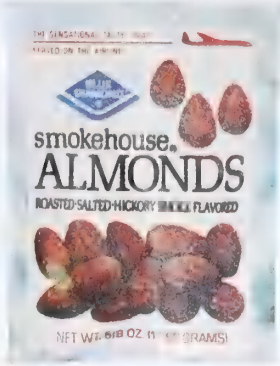
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What's Happening

continued from page 20

makes it as a wrestler and the result is a corker of a comedy.

An incomparable treat

The Children of Theatre Street, is a remarkable documentary, an inside look at the world's greatest ballet school—the Kirov School in Leningrad, which has had among its students Nureyev, Baryshnikov, Nijinski, Pavlova and that master choreographer of the N.Y.C. Ballet, George Balanchine. This film shows the training of the extravagantly gifted Russian children, chosen before puberty through a crushing competition. After eight years of grueling training, they're promoted to professional dance companies. While you applaud the results of this training, you may be appalled by a non-dancing scene of political indoctrination. But the dancing is dazzling. The narration is by Grace Kelly (now Princess Grace), who helps to make *The Children of Theatre Street* a treat for everyone who loves music and dancing, and an incomparable look backstage.

Gorgeous but vacuous

How exciting it must be to plan a movie, assemble a strong cast, hook onto a good story (in this case, a story by Joseph Conrad), get financial support and then plunge in. How sad, then, to plunge *out* with a soggy mess. Which brings us to *The Duellists*, a story of two soldiers (Harvey Keitel and Keith Carradine) in Napoleon's army who start as lieutenants and wind up as generals, in conflict with each other all the way up the ranks. The photography is certainly gorgeous, with the lush look of *Barry Lyndon*, and the film is just as vacuous.

Bronson's back

Telefon begins in Moscow where two heads of the Russian Secret Police are worried: What will happen to them if their Kremlin bosses discover they've got a secret network of secret agents in the United States—agents *so* secret that they *themselves* don't know they're secret agents. Though leading what seem to be normal lives—as a priest, a mechanic, a housewife—they become instruments of destruction when given a phone call, which activates their post-hypnotic action.

Now, an unhappy Russian, Donald Pleasence, is loose in America and about to turn this bizarre scheme to his own purposes. Moscow sends an agent to kill Pleasence. Guess who? Charles Bronson. Even *with* Bronson (whose work I enjoy) director Don Siegel has made a foolish film. **End**



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...der new (small red) potatoes join succulent ...een peas and herb-seasoned Land O Lakes ...Butter for a truly tasty combination. Gentle ...ming in Land O Lakes Sweet Cream Butter ...just naturally brings out the fresh flavor of ...two favorites. And you use just one pan to ...prepare both. Land O Lakes Butter in your ...ce of lightly salted, unsalted and whipped.

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LAND O LAKES Herb-Buttered Potatoes and Peas

- 1 lb. new (small red) potatoes, not peeled
- 1/2 c. LAND O LAKES Sweet Cream Butter
- 3/4 tsp. salt
- 1/4 tsp. each marjoram leaves, thyme leaves and pepper
- 1/2 bay leaf
- 1 10-oz. pkg. frozen peas, thawed and drained

Yield: 6 (⅔ c.) servings.

In heavy 3-qt. saucepan cook potatoes in 4 c. boiling water with ½ tsp. salt for 15 to 18 min. or until almost tender. Drain; cut potatoes in half; add butter, ¾ tsp. salt and seasonings. Cover; cook over med. heat, stirring occasionally, for 5 to 10 min. or until tender. Stir in peas; heat 3 to 5 min. more.

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LADIES' HOME JOURNAL SPRING GUIDE TO HOME IMPROVEMENT & DECORATING

Refresh, redecorate—resolve. Spring is the time to rethink and reform the house where you live. New energy surges in us all to paint and polish, expand and explore. Not enough closet space? Check our nine quick problem-solving projects. Jumbled, old-fashioned kitchen? Study our step-by-step outline of finding the right plan for your home. These and many more projects for the imaginative, clear-thinking handyperson who takes pride in her home. By Carole Frankel

There's never enough space—for clothes and cleaning supplies, games or galoshes. Some storage can be bought, some can be built and sometimes it's just a question of increasing the capacity.

Rule number one for the best storage in the house is to store things nearest to the place where they're used. For example, linens should go upstairs near the bedrooms, some towels downstairs near the guest bathroom and kitchen. China and accessories in the dining area, games and serving trays in or near the living or family room.

Rule number two is to relate the size of the storage area to the size of the items being stored. That means cleaning supplies, for example, should go in a basket before they're put in a closet, rather than tumbled together on a shelf; jewelry, too, can sit in a tray rather than every which way in a drawer.

More rules? **Keep two sets** of some supplies. Cleansers for sinks and glass should be bought in duplicate, with one set for the upstairs bedrooms and bath, another set downstairs for the kitchen and living area clean-up. Ditto serving trays, maybe even a small vacuum cleaner to keep you from pulling one up and downstairs.

Rule number four is to edit your possessions. If something hasn't been used for more than a year, don't give it any more storage room. Present it to a thrift shop and get a tax deduction from the charity, give it as a gift, throw it away. That lazy susan and punch bowl take up a lot of room, especially if you don't entertain frequently. Better to give the space to something else.

Buy or build

Okay, these are the ground rules. Now it's time to play the game. You can buy storage or build it yourself. Happily, stores are full of furnishings that function in more than one way, now that manufacturers have finally become aware that homes are smaller. But along with the end *(continued)*

Illustration by Rainbow Grinder



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An ingenious tapered cam lets you turn the handle a full 180 degrees. So you can set the temperature exactly where you want it. This cam is the only moving part in Centura's cartridge. There are no springs, no washers, no O-rings. No wonder there were no leaks and no drips in the Centura even after we tested it 500,000 times. Centura is also a Water-Guard faucet, offering water-saving flow control at no extra charge. All are shown in polished chromium: lavatory faucets and shower and bath controls also come in 24-karat gold electroplate.

Kohler products are available in Canada. For information and decorating ideas, look for your Kohler dealer in the Yellow Pages, or send 50¢ to DEPT. CF, KOHLER CO., KOHLER, WIS. 53044. (Please mention this publication's name.)

Centura. It puts control right where it belongs. Right in your hands.

The Bold Look of Kohler

Home Improvement

continued

that stores books or the ottoman that has storage space illows or other bulky objects, keep your eyes open for ual storage.

se a trunk as a coffee table in the family room, put eres on either side of a bed for storage and lighting, buy strial shelving for kitchens, wire "out" boxes from offices d socks or gloves.

se wall space for storage—without built-ins or shelves. e hearty pegs into a hall wall and hang a bicycle on it nstant industrial art. Get rid of space-consuming hat s and make a collage of their contents, freeing the closed e for less-flauntable objects.

bold, and look at your living space with new eyes. Your g-dining room might be large enough for a room divider e of several etageres to store dining accessories. If the es are of chrome- or brass-and-glass, they won't diminish pparent size of the space. Or look at kitchen cabinets as ibilities for other parts of the house. Many of the cabinets drawers and pull-out shelves are perfect for children's s or sewing centers in guest rooms, be they wood or htly colored. Two kitchen cabinets can support a work- for cutting out patterns or doing homework.

se the upper part of walls for shelves, the under-stair s for hanging workshop tools. A jog in the hall wall may rge enough for a skinny bookshelf or a low storage chest ed with a plant.

Nine quick storage projects

you can't find the proper storage container, then by all ns do it yourself. Some of these projects are simple while rs are more complicated. Choose the ones that will hold bjects of your desires.

. Attach a shelf to the walls of your dining room or bed- m about 12 inches from the ceiling, all around the room. e books or magazines, interspersed with bowls and other om used accessories. If you need the space for less attrac- possessions, buy straw baskets or other pretty containers, over shoe boxes with gift wrap paper, wallpaper or plastic esive papers.

. Build a simple flip-open hassock for family room use. hammer together a box, add a hinged lid and casters. e 2-inch thick foam rubber to the top of lid and drape the re ottoman with a sheet. Tie a decorative rope around the imeter below the padding, then cut and hem sheet to clear r.

. Put closets on either side of a bed with a bridge across top of the two in the form of a shelf for storage and to d a light for night reading. The closets can be covered in lcovering or matching sheets.

. Work around architectural details in a room. Storage, h open and closed, can be built on either side of a fireplace m floor to ceiling. Or use the area under a window seat. ild a box that slides under the window seat, and put the on casters so you can roll it out to remove toys or clean- supplies. A larger project is to take a window wall and ild bookcases on either side and in between the windows. working space is what is needed, a large counter, covered h plastic laminate, can be added, with the shelves on top rower than those below. It's also a good method of provid- individual desk and storage space for each child in a red teen bedroom.

. In a large living or family room, create a complete stor- wall. There are several ways of building the unit so it ts your degree of do-it-yourself ability while matching the cor of the room. The wood supports can be painted in or, with window shades, shutters or doors in between. If are handier with a needle and thread than with a ham- r and nails, why not a fabric wall? Even *(continued)*



Home Improvement

continued

if your sewing ability is limited, sheets or madras bedspreads can be hung neatly on drapery rods with rows of clips. The storage area behind can be multiplied to suit your needs with inexpensive shelving that will never be seen by your guests. You might even wheel in an extra coat rack if your need is for out-of-season clothing storage space.

6. Open, airy room dividers give space for precious and not-so-precious possessions. In keeping with today's natural look, the uprights and shelves can be of waxed pine boards. If the room divider is needed to hold out-of-season or unattractive possessions, the unit could simply be of 4′x8′ particle boards with low, lidded boxes below that serve as storage and seating benches on either side. The high divider can serve as an art gallery and the entire unit function as extra seating in the living area while masking the dining area during meal preparation and clean-up.

7. Folding screens are a decorative way of concealing. They can be made from heavy cardboard shipping cartons, covered with sheets or fabric. Or 1″ x 2″ boards can be used to create a frame that is joined with hinges. The screens can be painted, wallpapered, covered with collage or even carpet. They can be lacquered or gilded to fit into any decorative scheme, whether formal or casual. Best of all, they can be move place to place.

8. Wall-hugging banquette space-savers and storage expande They can line the walls of a family turn the corner in a living area, e an entryway or unclutter a k Made of simple particle board with hinged lids, they are then c with cushions and masses of pillo serve as backrests. The boxes ther can simply be painted, but they further decorated providing the n used will take the abuse of mar rubbings. Wooden moldings an rounds of lumber, for example, a durable, as well as decorative, de

9. Platform beds are both and "storageable." They consist o spring and mattress, or a mattress on a long, low box made of lum bear the weight. The platform usually covered in floor tiles or ca to create a sleek look in contrast soft bedding. When making the pl build it up a little higher and c hinged side so the base becomes age area. If you are adept, you c ate a series of boxes on casters t under (as with the window sea create storage for possessions th used fairly frequently. Otherwise, platform storage will be for large such as seasonal sports equipme suitcases that need only be pulled their hiding place once or twice the year.



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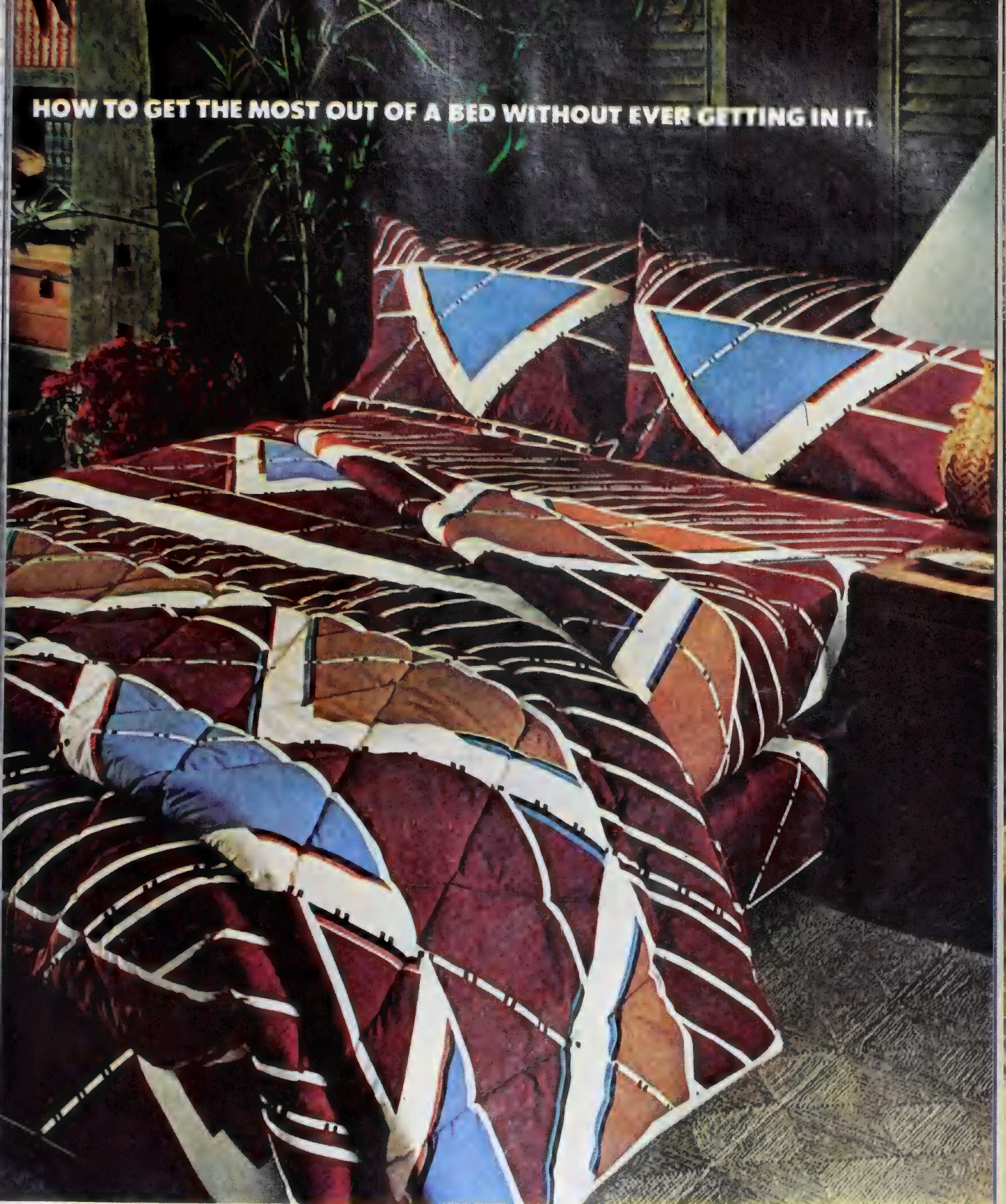
Michelangelo lay on his bac many a year to paint the ceiling Sistine Chapel, and although no suggesting *that* addition to your activities, it does seem to be time Renaissance of sorts in ceilings.

Too often, walls and floors furnishings are carefully planne decorated, while the ceiling is ju white top of the box of a room.

Ceilings deserve attention for reasons. They can add dram comedy, elegance or excitement room. In addition, they can mag increase—or decrease—space. Som ing projects do indeed take Michel lo-style heroics, others might give y out-of-season case of tennis elbow many can be done in a realistic Just pick the medium you care to with, and the problem you care to

Paint magic

Care to create a cocoon? Paint a dark color or pattern, continue it the ceiling, and just watch the si the room shrink and the atmos grow warm. If the room is sleek mo continue the slick, shiny enameled onto the ceiling instead of using a dull paint. Several coats (with sa in between) expands the *(contin*



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horizon of a room, making it seem larger than it real

If you live in an old house with high, far-away cei paint them a dark color and watch them come down to e But instead of just painting the ceiling, bring the color d the walls a foot or two, and set the two colors off with a row molding to create a finished look, the way a chai does.

To make rooms seem larger and more dramatic, paint swathes of color across the ceiling as well as up the v Super-graphic designs are a bit more complicated fo novice painter. They should be drawn first in pencil an areas then outlined with masking tape to prevent smu and drippings. Bold brushfuls of continuing color ca used to separate a living area from a dining area withi same room or create visual separation and excitement shared children's room.

Wall coverings

Wall coverings are ceiling coverings, too. A ceiling ca lowered with a dark wallpaper as well as with a dark p color. Likewise, a light ceiling in a room with dark walls raise the roof.

Patterned wall coverings, as well as solids, can add There are small provincial prints for a country look, st for a formal effect. It's sensible to choose an all-over pat that has no direction, rather than a design that only m sense from one angle.

In addition to patterned wall coverings, there are mu and graphics for boldness. Clouds, for example, might "celestial" in a modern bedroom or living area, and with addition of a few painted Big Dippers and Orion's Belts, e instructive in a child's room.

And don't forget the silver and copper and gold foil pap For sheer elegance they can't be beat in both contempo and classic rooms.

The plastic adhesives, by the way, can serve many of same purposes as either paint or wall coverings. In addit some of the solid colors and patterns lend themselves to ing cut-outs of celestial and other beings beloved by k Imagine them, too, on bathroom ceilings, which are usu small enough for the most harried homemaker to work wonders upon.

Fabric

Here come sheets! Wider than fabric (especially the ki size) sheets are a not-very-expensive way of giving the fin ing touch to a bedroom, bathroom or even in dining or liv area. Once you get the hang of it, to pun, sheets are sim to glue right to the present ceiling. (One hint: apply glue ceiling, not sheet.) Twin-size can be handled by one pers but it takes two people working with harmony and humo put up a king-sized sheet. Of course the king-sized sh eliminates the need for seams, so the choice between sea and four-handed projects is yours. It's also possible to sta sheets to the ceiling with a gun. Attach trimming over staples to give a finished, upholstered look to the borders

Wood

Hundreds of years ago, ceilings as well as floors were ma of wood. For the wealthy, wood ceilings, coffered and paint were truly works of art. Today, there are still old homes w coffered and tray ceilings, but for those who want to add t natural or country look to their newer houses, it's possible do so fairly inexpensively. Many home improvement cent sell lightweight plastic beams that look like distressed woo They're easy to put up, and it's a job that just one person c handle. There are also four-foot ceiling "tiles" that look all the world like wood grain planks—a natural for the natu look. This is another do-it-yourself project that can

ew or old ceilings, suspended to
ight in family rooms, living room
kitchen.

tectural details

l if you live in a bare plaster cube
arn for the plaster detail work of
l home, it's available. Copies of
s, as well as wall details, are
d in very heavyweight paper. At-
hem with finishing nails and you
ok up at your dining room or foyer
elier and see it surrounded with
ph.

poster bed

you don't have the budget for
-poster, you can create one fairly
with the ceiling as anchor. Four
s finished with molding trim can
tached to the ceiling or dropped
it with chains if your ceiling is a
one. The boards can be painted.
d with fabric or wallpaper, even
d with plastic adhesives. Inside the
s, at ceiling height, attach drapery
nd hang the "four posts" of fabric,
will be the height of the room.
emember to finish the inside of the
s, as well as the outside, because
the view you'll be seeing from bed.

ors

e last word in ceilings is mirror.
is nothing to match their space-
ing look in elegance, but please
hat the mirror tiles are not recom-
ed for ceiling use. Temperature
noisture changes cause minute ceil-
hifts that loosen the tile adhesive
ou'll end up with mirror on, rather
over, your head. It's far better to
the tiles to plywood and hang the
od from the ceiling.

OTES ABOUT NOISE

e're living in a sonic age . . . inside,
are the sound booms from hi-fi
electrical equipment to help the
ve cook, and power tools for the
e do-it-yourselfer; outside there's
affic music of automobiles, motor-
s, planes and lawnmowers. Wal-
Pond is harder to find, but it *is* pos-
to decorate and build in silence,
ut leaving civilization far behind.
me silence solutions are expensive,
others are more common-sensical.
ery case, locate the source of the
he, first.

ide defenses

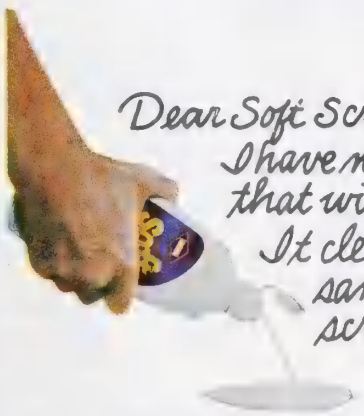
the sounds are without the house,
r than within, there are several
s to do before calling the real estate
t and selling out. (But, if you are
e-hunting, visit the neighborhood
g the day and evening, weekend
weekday, to check on the quiet
ent.)
ie right kind of landscaping can
provide noise control as well as privacy: a screen of evergreen trees and shrubs, wooden walls and fences. If there is a bend in the road, your fence should curve, too. If you can see the cars, then you'll be able to hear them, too. Since air carries sound waves, build that fence without any separation between the pickets, and right down to the ground.

If you prefer to sound-condition the house, rather than fence yourself in, there are several choices. Don't, however, think that thicker insulation in the walls will be effective because sound travels through air pockets. You should, however, check the weatherstripping around windows and doors and if your problem is a serious one, double-glazed or storm windows traps air and noise.

Doors can be changed from hollow-core to solid-core or covered with asbestos cement or hardwood board. Going over the exterior of your house, inch by inch and making sure that it is airtight will make it soundtight too. Applying caulking, weatherstripping and threshold stripping will bring down the decibel count efficiently, as well as insulating against the cold.

Tricks for interiors

As to soundproofing interiors, there isn't any doubt that houses and apartments built 30 or 50 years ago are more soundproof than the newer ones. The older, thick plaster walls did a far better job of absorbing sound than today's plaster board. Building *(continued)*



Dear Soft Scrub,
I have never seen a cleanser that will do so much. It cleans and shines at the same time. And it doesn't scratch like scouring powder.



Mrs. Linda Doss
Sierra Vista, Arizona

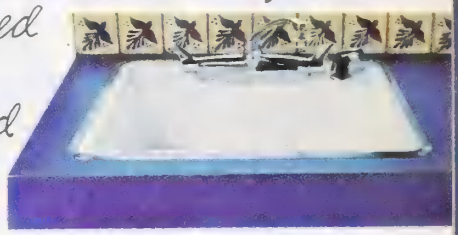
It takes no time at all to clean my stove, sink, countertop, pots and pans, even my ovenware. It's also great for the bathroom, especially my shower doors.



I'm not one to be impressed with household cleaners, but Soft Scrub has changed my mind.

A pleased housewife,
Mrs. Linda Doss







Thank you, Mrs. Doss. And thanks to everyone who's written us about Soft Scrub, the liquid cleanser with the mild abrasive that cleans surfaces like porcelain, stainless steel, stove tops, tile and chrome without scratching. We're delighted you've found so many places to use it.

Removes the dirt. Leaves more shine.



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for fast, easy cleaning in minutes.



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So fast and convenient, makes cleaning almost as easy as vacuuming.

ers and dryers, dishwashers, blenders and mixers. Onc
some decorative materials are quieter than others. Ca
and resilient flooring are quieter than ceramic flooring
tical tiles on the ceiling are a quieter choice than wood
A suspended ceiling, for example, will not only insu
room upstairs from noise, but it can also be designed
vide better general kitchen lighting. It's also smart
noise-making appliances on rubber pads, and to lubri
equipment regularly to remove squeaks. Keep applia
inch or two away from the walls or the sounds will b
mitted throughout your house.

Music for the musician

In musical households, be they listeners or producer
conditioning is a must—for the benefit of neighbors as
other family members. Musical instruments or hi-fi
ment should not be placed against a wall that will se
waves traveling. Rather, the speakers or sounding
should be positioned to face into the room itself. D
can cover the windows as well as the walls. This n
result in a Victorian parlor. The draperies can be on
tures in textured, nubby fabric that is contemporary
ing. Ceilings can reduce noise via acoustical tiles,
different colors for a checkerboard effect.

EASY, ENERGY-SAVING KITCHE

Kitchens are like families . . . they grow and chan
the years. Or at least they *should* grow as your needs
If, for example, you have very young children, you'll
kitchen with both eating and play areas that you ca
an eye on while you cook. As the children grow old
haps a family or living room kitchen will work well. I
a non-cook, then you'll plan for a small kitchen; but if
is your forte, then you probably yearn for a complete
tainment center right in your kitchen. If there *(con*

For heavy-duty cleaning and conditi



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Softens as it cleans. For rugs so soft you'll w live on them. Woolite-sa

Home Improvement

continued

new walls, with a slight loss of floor space is the best way of eliminating noise, albeit an expensive one. Although there are many ways to deaden sound within a room, some sound will still travel through the studs or through the ceiling to the room next door or above. Putting up a second partition or wall alongside the existing one, but an inch away, will insulate the rooms from one another.

Furring strips can be put on the existing walls, followed by sound-deadening board and then gypsum board. In other words, the denser the material between two rooms, the more effective the sound barrier will be.

The same rule applies for a ceiling. If you are remodeling an attic into a playroom, for example, build up layers of materials—in this case sound-deadening board below the flooring, then carpet cushioning and the carpet itself to absorb the noise. In the rooms that are below the attic, install suspended ceilings, an easy job for the do-it-yourselfer. Then a good night's sleep, even during a jam session above, is practically guaranteed.

Most acoustical materials consist of porous surfaces that absorb rather than reflect the sound waves. And decorative material with a non-shiny, porous surface will help to deaden sound *within* a room, although it will not prevent sounds from traveling to other areas. A room with carpet on the floor, heavy draperies, acoustical tile on the ceiling and cork tiles on the walls will quiet the sound within, if not the sound without.

Quiet kitchens

In kitchens, especially if they are located in the central part

two chefs in the family, wouldn't it nice to have two sinks and two ges? Or perhaps the kitchen can be bined with a new interest in gar- ing or sewing?

you think your kitchen needs re- leling, it's probably because you've grown it . . . or it's outgrown you. sn't only the energy-saving appli- es you need, but a perfect-fitting plan ave *your* energy, too. Happily, there many rules for re-doing kitchens. If follow them, you may not have a rmet dinner, but you will have a am kitchen.

ergy-saving plans

There are three work centers in every hen: One is the refrigerator center, ch should be located near the back r with counter space next to it so that en you come from marketing there's nvenient place to unpack. Often the inets nearby are a good spot to locate the necessities for baking.

Next, there's the preparation and n-up center. That consists of the sink dishwasher, waste disposer and h compacter and, of course, appro- te utensils.

Third is the cooking center—range, n or ovens, plus appliances and the le seasonings. At best, the cooking ter is located near the dining area so d goes right from the range to the ta- ble without time to cool in between.

Arranging these three work centers into a pattern that is efficient for *you* is what's important. This work triangle, to save you footsteps, should total between 13 and 22 feet, with no two centers closer than 4½ feet. Usually the sink or preparation center is in the middle, but it doesn't have to be designed that way. Nor, by the way, does the sink have to be placed under the window if there's one in the kitchen.

When you're planning your footsteps on paper, put counter space on either side of the range or cooking units and the sink as well as by the refrigerator. Equally important, make sure that the traffic pattern through the kitchen doesn't intersect the work triangle and that there's enough room for one or two people to work without touching.

In addition to the work triangle, you may want to set up different activity centers for laundry or gardening. You can figure between 100 and 160 square feet for a good, workable kitchen. More than that gives you room for non-cooking dreams. But please keep the other functions out of the work triangle.

Four basic layouts

If you're starting from scratch or doing a major remodeling job, you can choose any one of four types of plans to use your kitchen space.

1. The U-shaped kitchen is usually the most efficient use of space with the sink between the other two work centers on either side and no traffic through it. It can, however, be a difficult shape for more than one person to use at the same time. One of the two long sides can be free-standing without overhead cabients to create a combined kitchen-family room.

2. The L-shape is for the chef with long legs! The legs of the work triangle are, of course, farther apart than they are in the U, and like the U-shape, the design discourages any kind of through traffic. This is a particularly good plan if a dining area or sewing or play area is needed in the kitchen since it can be efficiently arranged in the opposite corner of the room from the L.

3. The corridor or galley kitchen lines up equipment and cabinets on facing walls in a long, narrow space. It creates a compact kitchen, but unless the between space is wide, it becomes a one-person kitchen. And beware the corridor kitchen with open ends or you'll be creating just a passageway.

4. The one-wall kitchen is the least efficient because it's impossible to make a triangle and both counter and cabinet space is very limited. It does, however, work well as a second kitchen in a vacation home where cooking takes second place to other activities. *(continued)*

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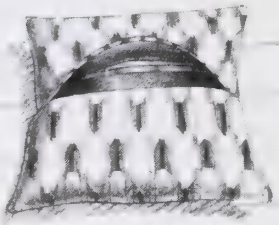
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nyl and leather, too.



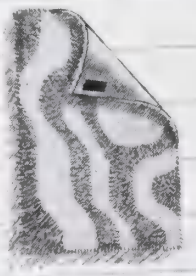
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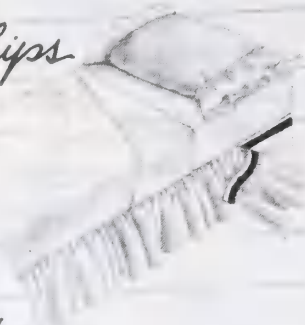
Make a pillow prettier with an easy-does-it slipcover fastened by lightweight, flexible, washable VELCRO tape.



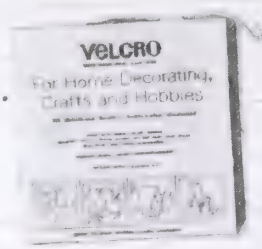
Deck the walls with your favorite lightweight rug, quilt or macrame hanging, neatly fixed in place by glueing, tacking or stapling VELCRO hook tape to the wall, then sewing the loop side to your hanging. Easy!



The unruffled ruffle whips off for cleaning, goes back neatly, firmly in place because it's fastened by strong, supple VELCRO fasteners.



Make just about anything. And make it prettier, more functional with the world's most versatile fastener!



VELCRO® BRAND FASTENING SYSTEMS

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Home Improveme

continued

Several variations consist of isl which make large areas smaller island, mid-kitchen, that houses a will shorten the work triangle so sides of the room can be used for cooking activities. Often the range island, surrounded with counter and topped with a ventilating hood.

Energy-saving equipment

Along with choosing a shape and that save footsteps in meal prepar and other activities, there are appli that save on both electricity and w If you're shopping for new kit equipment, look for these energy-s features when you visit your dealer. will, however, have to weigh your against the power a special feature, as a self-cleaning oven or a frost-fre frigerator, will consume. These are energy-saving features to look for:

1. Microwave ovens with senso tachments that automatically turn oven off when the food has reache selected temperature.
2. Computerized ranges that matically start and stop at a presele time.
3. Surface units on ranges that energy by adjusting to the size o cooking utensil.
4. Sensitive temperature control refrigerators and freezers to reduce gy consumption when necessary.

PLANNING TO REMODE

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easy kitchen projects

n if your kitchen doesn't need reing, you can still eye it for more ncy. Perhaps a new floor, better g or just more organized storage wer the amount of time you spend kitchen . . . and raise your enjoyof the time you do spend. Pick a day and welcome one of these ts into your home.
Kitchens and bathrooms are the laces in the home where lighting is ount—to see what you are doing o prevent accidents. Along with l overhead lighting in a kitchen, what's called "task lighting" over counter area where you work. 's a new fluorescent stick light, 25 long, that is a plug-in, self-con- unit so it goes up in minutes.
Install a backsplash of ceramic tile d the sink and counter tops to crecdecorative border and add years to paint or wallcovering. Today's ic tile comes in easy-to-apply and goes over any existing surface r tile, wallpaper, paint, plywood—quick-setting adhesives. Although ic tiles need special tools for inion, they probably can be rented your home improvement center. lo look at the new groutings. They in all the colors of the rainbow so an mix and match with the tiles. r floor or wall colors.
Consider a new floor. Resilient tiles have the same built-in, noshine that more expensive sheet g has. They're easy for one perhandle, so if you've never worked flooring before and make a misn cutting, you haven't ruined the floor. The tiles go right over any of floor that's smooth and clean self-sticking adhesive, and best of ey need just sweeping and an ocal mop-up.
Find an out-of-the-way corner of itchen and build in a desk or snack er. If it's in a heavily trafficked make it a drop-leaf version that ug the wall when the entire family home. A piece of wood covered leftover floor tiles, ceramic tile or stic laminate that's *(continued)*

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color is available in either light tight opaque louvers or
ucent louvers that glow like stained glass. The outside of
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age book, "Vertical Imagination."

light, making it a good choice for rooms with southern or western exposure as well as for exterior use.

Furnishings

Part of your spring-into-summer-clean-up should be a big stash. Sweep accessories out of view, remove heavy draperies, substitute sisal or bare floors for heavier rugs. Clean, slick surfaces are cooling to look at and to touch, during the summer months. And if some new furniture is part of your plan, you'll be glad to know that you can buy upholstery in muslin, with a choice of slipcovers. Pick polished or nubby cottons or canvas for summer months to keep your temperature down. And if new seating units *aren't* in your plans, pull out the sewing machine and whip up a set to cover that warm, velvet upholstery. Like your own skin, the more bare surfaces exposed in a room, the cooler it's going to look.

Windows

Not too many years ago, the all-glass house, or at least the one that brought the outside indoors via sliding doors was the vogue. Today, for conservation reasons, windows are definitely *de trop*, with some states regulating the amount of glass a new house can have. The reason is to save energy in the winter, but the same ways of conserving fuel also conserve the cool.

For example, a well-insulated house will keep the warm air from seeping in during the summer. Experts suggest that storm windows be kept up during the summer on windows that are not frequently opened. This goes also for the weatherstripping on both windows and doors. Further, if you are building or buying a new house, investigate the possibility of double-glazed or insulating glass that has gas or air between the layers to act as insulation in both winter and summer.

There are, happily, less expensive ways to *(continued)*

Home Improvement

continued

een cut to size will do the trick. Arrange recipe books and aperwork in the overhead cabinet nearby and install a wall lephone, too. Use a collapsible stepladder for seating and ou've made a dandy spot for taking telephone breaks or nching during the busy day.

5. Reorganize your cleaning supplies into streamlined orage. Organize the materials into groups—those used every ay, those used once a month and those that are used only a w times during the year. Keep the once-a-day supplies in sy eye view, the spring clean-ups at the back of a cabinet. corner cabinets install adjustable shelves that swing to the ght or left, or turntables to place inside so you can easily ach what's stored. Cabinets for pantry storage are dandy r cleaning supplies, too. Miniature shelves, hooks on the side of cabinets and cabinet doors all help you customize our cleaning supplies. Or what about a cart on wheels that lls into your broom closet and keeps scooting about the ouse during clean-up?

GET A JUMP ON SUMMER

The weather outside may be frightful, but soon it will be elightful. So get a jump on summer with some projects that ill keep you cool during the hot spells.

olor

you're planning on decorating, even just painting, as part your spring clean-up, think in terms of the hot summer onths as you do your color scheming. Cool colors—the blues, olets and greens—recede, expanding space and making you el cooler. So do neutrals and the no-colors like white, gray nd beige. White, in particular, reflects rather than absorbs



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Now you can have the most trusted ovenware in the world in the most stylish new pattern. Woodland. It's Pyrex® ware in beautiful tones of earth-brown with delicate white tracery. Yet like all Pyrex ware, it stands up to heat, cold and microwave. It cooks to perfection. And it coordinates perfectly with the Woodland Corelle® livingware o opposite page. By design.



Tested and recommended for microwave use by Corning.

New Woodland Pyrex® ware from Corning.

Home Improvement

continued

windows cool. Those nice, old-fashioned canvas awnings prevent the sun from falling on the glass, reflecting the rays away. On a southern or western exposure, awnings with closed sides eliminate over 50 percent of the heat gain. There's also a new window screen made of fiber glass that stops up to 75 percent of the sun's heat in the summer. Or what about window shades? Tests show that over 40 percent less heat is admitted by windows that sport pull-down shades. And now there is a new polymer coating, a sun-control film with a mirror surface, that bounces back to the outdoors up to 75 percent of the sun's heat. It comes in sheets, is easy to apply, and like those new sunglasses, you can look out but those looking in see only themselves. The film, by the way, is easy to remove in the winter when sunshine will cut down on the heating bills.

Lastly, just remember when you're planning foundation planting and landscaping that shrubbery will not only make your house look cooler, but it will actually shield it from the sun's rays.

Air conditioning and fans

All of the ways to keep the sun's rays reflected from your windows will increase the efficiency of both air conditioning and fans. Canvas awnings, in particular, are important over room air conditioning units, as is greenery to shield the equipment from the sun. Indoors, be sure that your units are not blocked by draperies or furniture or they won't give you maximum efficiency. Be sure the units are weather-stripped or caulked as tightly as doors and other windows.

Ceiling, attic and portable fans can supplement air conditioning or be used instead. The ceiling fan circulates the air and adds a bit of nostalgia on a breezeless day. The attic fan is used mostly at night and it should be installed near the center of the house. Venting the hot air, which rises, through the roof, brings the cooler night air into the house. Portable fans are also effective in particularly hot rooms, as are built-in window fans. They draw the heat out of the room and whirl it out through an open window.

And at the other end of the spectrum from the granddaddy ceiling fan is solar air-conditioning. Solar houses cool via collectors that absorb solar rays during the day and give off their heat at night. Still on the drawing board and promised for next year is a solar-assisted (heating and) air-cooling system. After all, it seems only fair to use the sun's rays to keep cool in the summer—as we as warm in winter!

Kitchens

Food preparation and clean-up ge erate a lot of heat. It's far better to u ovens and dishwashers in the ea morning or late at night when the te perature is at its lowest.

If you're buying new equipme consider the microwave oven, which cooler to operate than the conventio gas or electric one. You might also lo for new dishwashers that dry with ra idly moving air rather than high he These are energy-saving devices th also keep a kitchen cool.

And even if your kitchen is air-co ditioned, check your ventilators. T proper sized ventilator, placed close the range, will move the hot air out your kitchen faster than an air con tioner can cool it.

SLEEP WELL!

Everyone thinks it can't happen them, but alas it can—and with freque cy—so a few ounces of prevention agai fire and theft are, as usual, worth th good night's sleep.

Fire prevention

Happily, there are new devices th are easy to install to give early warni

:ach other.

Now you can have the most ular dinnerware in America in the t stylish new pattern. Woodland. It's Corelle livingware in white with earth-brown tracery. It has the translucence and ring of china, yet it can take all the abuse of everyday use. Corelle livingware is made to go in microwave, too. And it coordinates perfectly with the Woodland Pyrex ware on the opposite page.
By design. CORNING



Tested and recommended for microwave use by Corning.

New Woodland Corelle® livingware from Corning.

fire in the home. All of them wake ou up with a blast, giving you precious ne to clear out of your home. There e alarms that are based on heat and hers that are activated by smoke. The at detectors react to the heat from a e but do not respond to the hazards smoke and toxic gas. Most experts commend that these only be used in rages and other non-living quarters.

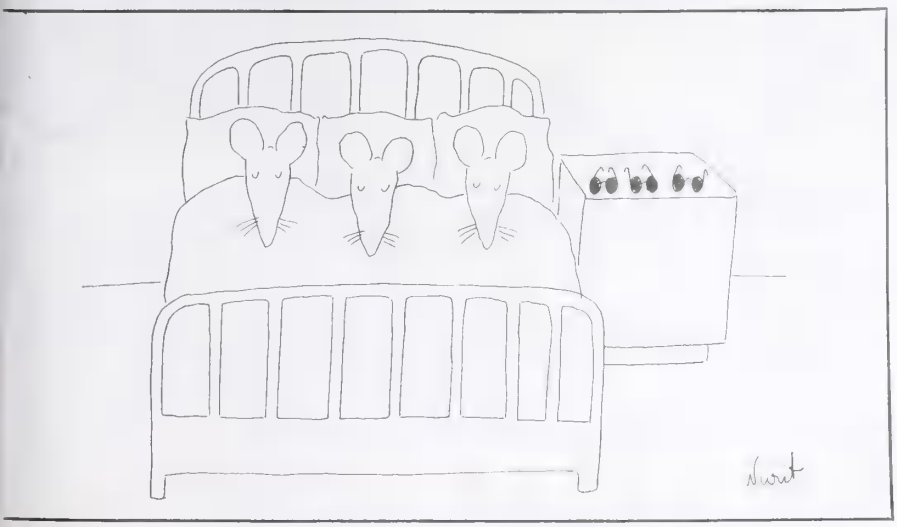
Smoke detectors or alarms are preferable. There are two different types of its and both are good. One works on e ionization principle and the other is photoelectric alarm. Some are battery-operated and others plug into a standard socket or are wired into your electric system. The plug-in and wired-in models are best, unless you are sure you'll remember to test your battery-operated model regularly.

Smoke detectors should be located in several places within your home. There should be one in the hallway outside the bedroom (or outside all the bedrooms if they are in different areas of your house) and one on each story of your home including the basement. The only exceptions are the attic if it is uninsulated and the kitchen area, where cooking fumes might set off the gong.

All smoke detectors, like appliances, should carry the Underwriters Laboratory or Factory Mutual Research Corporation seal. If you have any doubts about the importance of installing smoke detectors or their proper location in your home, call your local fire department. They are as interested in fire prevention as they are in fire fighting and they'll be delighted to advise you. And they'll probably also tell you that installation of these models is now mandatory in new housing in many states.

But don't think that the installation of a smoke detector is all you have to do for fire safety. All the detector really does, after all, is wake you up. It's up to you to plan how you will exit from your house. If you can, practice with the family, and if your bedrooms have only one exit and are on the second or third floor, buy rope ladders so you can shinny down the side of the house in an emergency.

And, please, practice other precautions. Don't smoke in bed, make sure that all the embers are cold in the fireplace before you go to bed and check your fire insurance policy to make sure that your coverage is adequate.



Burglary

In addition to knowing that you'll be aroused quickly in case *(continued)*

Home Improvement

continued

of fire, you should be able to sleep just as soundly, knowing that your home is burglary proof.

Actually, there is no such thing as a burglar-proof residence. Given enough time, a professional with the will—and the time—will find a way. But, happily, most burglars prefer to work on homes that are easy to break into and any device you use to make it difficult for them to enter will encourage them to try the house or apartment next door.

Most burglars enter through the doors or the windows and these are the areas where you should concentrate your attention. First, examine the outside of your house. Shrubbery should be low so it doesn't offer a good place to hide and there should be bright exterior lights, especially at the front and back doors. Keep your garage door as well as house doors locked. (An automatic garage door opener is particularly good.)

Doors leading to the outside should be made of wood or metal rather than glass or hollow-core. Save doors that serve a decorative purpose for the interior of your home. If you do have sliding glass doors, they can be equipped with a metal bar in the track of the door so that even if a burglar breaks the glass he will have difficulty entering.

As for locks, invest in a dead bolt one that has a bar going from the lock into the doorjamb rather than a spring-action type, which can be picked with just a credit card . . . and in a few seconds, too.

Windows, especially those on street level, deserve special attention. There are window locks as well as decorative metalwork or gates that will discourage the burglar who is looking for quick entry. As with the precautions for doors and exterior lighting, window protection will discourage all but the most ambitious professional.

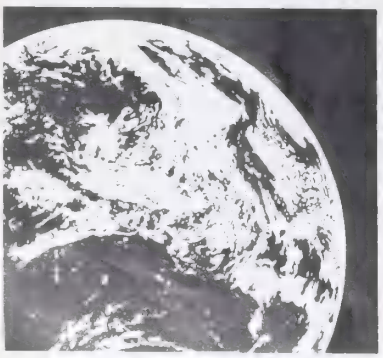
In addition to these controls, there are more sophisticated systems that set off alarms, either in your own home or at the police station or a private security agency. These systems place "sensors" under carpeting or around windows that are tripped when entry is forced. The systems have built-in time delays so you have perhaps half a minute to turn the switch after you enter and before the buzzer goes off. But do remember that if you have a dog, its weight can set off the alarm.

There are also systems with photoelectric devices that trigger the alarm. As the crime rate goes up in the country, the kinds of security systems multiply almost as quickly as do their costs. A trip to your local police station will, perhaps, be the most valuable investment you can make. The police are your allies and know the types of devices that are most effective in your neighborhood. They may also be able to loan you an etching tool that can engrave your social security number on cameras, bicycles, silver, TV sets, etc.

Although the police are an excellent help in planning the security of your home, you are the only one who can decide what it's worth. A professionally installed system with an alarm that rings in a private agency can cost perhaps a thousand dollars to install with a monthly service fee as well. Only you can judge if your possessions warrant this type of expense. On the other hand, dead bolt locks and window guards can be installed by the handy do-it-yourselfer without making a dent in the annual budget. Don't, by the way, buy a security system from a door-to-door salesman without checking with the police or your local Better Business Bureau. The person installing the system might really be casing your home!

Lastly, make a list of all your valuables—furnishings, apparel, jewelry, electronic equipment, etc. The inventory will be important in case you are burglarized—and hopefully it will prompt you to reexamine your insurance policy to make sure you have enough coverage.

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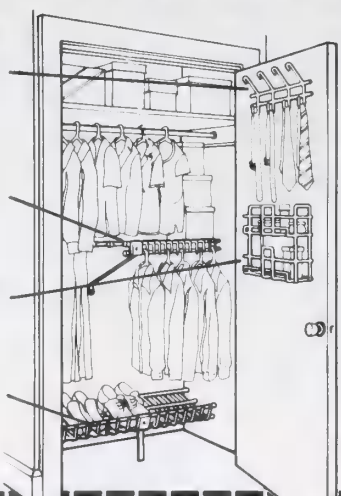
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SANDY

continued from page 86

ught a new life was beginning for me now. I thought surrounded by love and by the sweet scents of the in the store. But the woman who took me didn't want a pet. She wanted a ratter! There were rats in her nt, and they terrified her. Frankly, they terrified me, ook only one evening for the combination of the dark scuttling sounds and beady red eyes glowing in the send me out onto the road again, looking for Mama farm.

mn was nearly over the night I sneaked out of the nd headed north. The days were short and the nights d getting more and more bitter. I was hungry all the arbage cans, especially the ones outside of restaurants her shops, became my only source of food. One night myself back at the highway. Slowly, I began to trot he road. Suddenly, a huge monster with glaring eyes aring out of the dark.

a shriek of brakes, the truck pulled to a halt only a of yards from where I stood, frozen with fear.

a dog! I nearly killed some mutt!"

l figure knelt beside me. "Are you all right, boy? I it ya. No, not a scratch on ya, just scared half to death. re ya doin' on the road this time of night anyway? Go Scoot. I can't take you."

ked away slowly, but only a few feet, then I sat down ked back at the big man, my heart in my eyes.

on now. I got to be moving, and I ain't got time to fool u."

without moving, except for the thump of my tail. fella, I'll give you a lift. I guess I can't leave you here. e we get to Hartford, out ya go. I ain't got room in for no dog."

fted me into the truck and we drove for over an hour, ead out exhausted on the front seat next to him. Once ped at a 24-hour diner, and he brought me out a warm ger. I polished it off in nothing flat.

Quiet and good life

e time we got to Hartford, we had made friends. His as Harry, and he called me Charley. He drove a big long hauls and he took me with him for company. quiet life, and a good one.

t didn't last very long. One night Harry got sick and came to take him away. In all the excitement, I was ut and left behind.

several days, as I was lying near the house, miserable, half crazy with fear and loneliness, strong hands l me and tied a rope to my collar. I was dragged to a ven to a large building and put into a cage—it was a nd, the end of the line. I had heard that these places eep you only a short time, then they had to put you

nt days in the corner of that cage, barely eating or g. I wouldn't go near the shelter people, even when oke to me gently. I was sure I was going to die, and ant anyone to ever touch me again.

one day a skinny boy came down the aisle of cages ked at all the dogs, one by one, talking to someone e shelter. When they came to my cage, I saw he had ice.

he's not the dog you want. I couldn't recommend this your purposes. He's been beaten, and he just doesn't people anymore," I heard the shelter man say.

he young man wasn't listening. He was kneeling by of the cage, as close as he could get to my corner, and holding out a dog biscuit to me, calling me *(continued)*

Pretend
it's a festive occasion
and break open a bottle
of our Brandy Alexander.
Chocolaty. Creamy.
We've added the liquor
You may want to add ice.
Nice idea.



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SANDY

continued

over in the softest, sweetest voice I have ever heard.

"Here, boy, come here. Your ears are all wrong, and they probably won't want you, but I think you're beautiful."

Something stirred inside me, and I was surprised to find myself on my feet, walking over to the boy, sticking my long nose out of the bars, eating the dog biscuit, letting him stroke and fondle my head and ears.

"I have to take a picture of him," the young man said. "I have to get him approved before I can adopt him."

But the attendant was shaking his head. "No way. His time is up, and he's going to be put to sleep tomorrow."

"Put to sleep? You *can't!* Look, I really want this dog. But I have to have him approved. The decision isn't mine. Please. I'll come back. I really will."

I could hear the worry in the boy's voice. But the shelter man couldn't change his decision. "If you want him, you have to take him now. Because tomorrow he's not going to be here."

They opened the cage door, and I came out slowly. The boy knelt again, and stroked my wet, wiry fur. I trembled, but I didn't move away as his hand passed over my back and flanks, feeling each individual rib; there was nothing under my coat except bones. Then he snapped my picture with a small camera.

"How much?" he asked the attendant.

"Eight dollars." Meaning me.

"I haven't got it with me," said the young man. "I've got only two dollars. Can I leave two dollars as a deposit and bring the rest tomorrow?"

"No." The attendant shook his head. "I'm sorry, but we cannot take deposits. You understand, don't you?"

I understood. I understood that tomorrow morning would be too late; there'd be no more me. The boy turned to go, and he and the man from the shelter moved away up the aisle of cages.

I saw the door close, and I moved back into the cage. At the door, the boy turned and looked at me again.

"I'll come back for you, Sandy. You'll see. You're going to be Sandy."

"Sandy!" He called me Sandy! How did he know my name?

Later, I heard the story of my adoption so often that I've learned it by heart. It began at the Goodspeed Opera House in East Haddam, Conn., that summer.

Goodspeed is a summer repertory theater, and this year's show was a new musical called *Annie*, based on the comic strip "Little Orphan Annie." The show needed a dog to play Sandy, Annie's dog, and Bill Berloni, who worked as a carpenter and doubled as an actor, was picked to select and train the dog, because he'd owned dogs all his life. Only 19, Bill was the skinny boy who'd come to the shelter and found me.

The next morning, about 6 A.M., with eight borrowed dollars, he drove back to the shelter and found me again. I was never so glad to see anybody in my life. I recognized him as soon as he came in, and my tail began to wag furiously. I had a new owner, a new friend and a new life—the most wonderful life that any dog has ever lived.

All the people at Goodspeed began calling me Sandy right away. Billy took me everywhere with him, and little by little, I became adjusted to my freedom, to the regular meals and to all the new people I was meeting. As long as Billy was with me, I was happy.

There were about 20 people in the show with Billy, and they all had a kind word and a pat for me. I began to feel secure and very happy.

It was up to Michael Price, who runs the Goodspeed Opera House, and Martin Charnin, the lyricist and director of *Annie*, whether I was Sandy, or whether Bill would have to find and train another dog. On the day I was to meet them, I was brushed and combed and my paw pads were cleaned, and Billy put my new collar on. Billy took me to the theater, sat me down on my favorite black vinyl couch and left me there.

Five minutes later he came back with another man.

"Michael, I'd like you to meet Sandy."

Michael looked at me, I looked at him.

"How much did he cost?" asked Michael.

"Eight dollars," said Billy.

"He's okay," said Michael. And he walked out of the room.

With a big grin, Billy put his arms around my neck. "That's it," he whispered. "You're Sandy. You're *in*."

I was on my way to becoming an actor. But it wouldn't be easy. Bill Berloni was not a professional dog trainer, and I wasn't a professional dog. My part called for a short series of tricks, and I wouldn't be onstage for more than thi minutes total. Later, of course, wh *Annie* became a smash hit, my part w greatly enlarged and became more co plicated, but at the time of the Goo speed production, almost any dog wou have done. I think I had better tell y a little something about *Annie* and part in it.

Annie is about a little orphan girl New York in the 1930s. Because sh so cruelly treated in the orphanage, runs away. While she's roaming t streets of Depression New York, meets up with a stray mutt who is r ning from the dog catchers. Beca they are two of a kind, she befrien him, but a cop comes along and suspe he's a stray. Annie claims he's her d but the cop wants her to prove it. "If h your dog, what's his name?" the poli man demands. Annie is stumped, only for a second. I call him Sandy cause of his sandy coat, she tells h Oh, yeah? If he's your dog Sandy, th call him. Let's see if he comes to you. she calls, Sandy, Sandy . . . come he Sandy. And you know that he *isn't* dog, and you hold your breath to see he'll come to her. And he does!

Then, more cops—this time to t Annie back to the orphanage. R Sandy, run! she yells, and he runs stage away from her, and they are par for the rest of the play, only to be united in the very last scene, with happy ending for both.

The first thing I had to learn was obey. How to sit on command and down on command, how to heel, how "speak." That wasn't hard because B taught me in such a nice way. If son body you love gives you a pat and a h and a dog yummy for doing a sim little thing like sitting down, why, course you'll do it. I did it to please Bi although I *do* love snacks.

The other tricks I had to learn ca easy to both of us, except one, wh confused me. Billy would call me, a I would get up to answer him.

"Sandy, no, go back. Don't get u

Why couldn't he make up his mi When you call me I come. "No," says, "Stay." Was I supposed to come stay? It took me a little while to get u to the fact that I wasn't supposed come unless Billy called me *and* slapp his knee at the same time.

Once we went into rehearsals, it came very, very clear. Annie is tryi to prove to the policeman that Sandy her dog, when he isn't. I have to there and hear my name spoken, a *not respond to it.* Even when she c me, I don't get up. That's what mak the audience hold its breath. Will come or won't he?

"Sandy." Slap.

I get up and walk over to Annie a jump up on her with affection. See really am her dog! the *(continu*



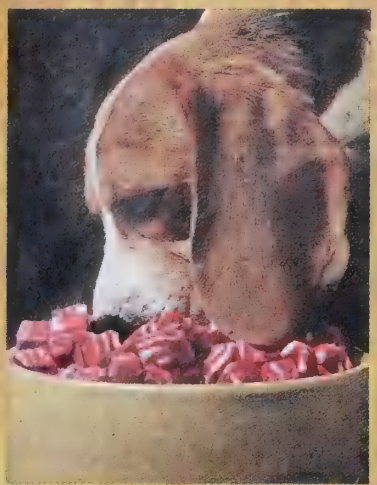
Sandy and owner Bill Berloni admire the Outer Circle Critics Award Sandy won for his performance in Annie.

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A cut above burger.
A cut above beef.





SANDY

continued

audience lets out its breath. That's theater. All done with Billy's knee-slap.

Rehearsals. By now, the cast of *Annie* was arriving at Goodspeed. Most of them were little girls, who played the orphans, and one of them was Kristen Vigard, who played Annie. Rehearsals began and everything went smoothly until the accident that nearly ended my career and my life. Two weeks prior to our opening, I was lying under an old pickup truck to escape the heat when someone started up the truck. The horrifying results were dislocated back legs. The vet said I was expected to walk again, and Billy said, "Thank God!"

Walk, yes, But Billy was worried about whether I'd be able to appear onstage. It was only 14 days to opening night. Could I crawl, then walk over to Annie on cue and do my jump-up? The doctor said my leg muscles were torn, too. We had spent weeks learning those tricks, and in a split second under the wheels of a truck, all that work had gone for nothing. But I was lucky not to have been killed. I was so grateful to Billy for saving my life that much earlier than anyone expected, I was back doing nearly all my tricks.

Near Fall we learned that *Annie* was to open in Washington, D.C., at the end of February, then move to Broadway.

The opening was a huge success, and we went to the White House at the invitation of President Carter. He was entertaining the governors of the 50 states, and as entertainment for them, we did highlights from the show, in the East Room. After the performance, the President and Mrs. Carter greeted us. Boy, what a thrill!

Now, Broadway lay ahead of us. They say that if you haven't made it in New York, you haven't made it. Well, New York loved us, even the tough critics laughed and cried and cheered. Who says New York has no heart? For *Annie* it was all heart. They loved everybody —Andrea McArdle, who was now playing Annie, and Reid Shelton, Dorothy Loudon—and even me. Instantly, *Annie* became a smash.

After the opening, *Annie* got a lot of publicity, and some of it was about me. Andrea and I made the cover of *Cue* magazine and we posed for other magazines, too. Because of the play's success, Billy and I moved into a larger apartment. Our social life included the Tony Awards; both of us went in black tie, to watch *Annie* win seven awards, including "best musical." I wish there h been an animal category, but Billy s that would be very unusual.

And, of course, I was asked to w my life story. Which I have enjo doing, even though the bad parts w tough for me to relive. If telling story of my life should save the lives other dogs and cats, then it was worth it. If people stop breeding th animals and start adopting them fr shelters, there won't be any more ha luck stories like mine. Mine ends h pily, but thousands of other animals s fer slow starvation, disease and inj when they're abandoned. If I have message for the world it's this: neu your pets—and adopt new ones. D ever take an animal you won't be ke ing for always.

But I guess I must be the luckiest in the world. I'm sure that I'm the h piest. I love being in the show; I l our new home; I love Billy and I gue even love my understudy, Arf.

One thing I know. The really h times are over for good. Love and tience rescued me and brought m new life. I have finished with look back. Now I only want to look ahe to even better times to come. And, wh ever Sandy does in the future, whate Billy does in the future, we'll do it gether, a dog and his boy. E

EVERY OTHER MAN

continued from page 101

seems touchy and irritable; he loses his temper at the drop of a hat!" Or, "He's so picky. He criticizes me and the kids for every little thing we do wrong." Sometimes I hear about a normally attentive husband who starts to sit by himself, to answer questions in one or two words and to be short-tempered with his family. A good night's sleep, his favorite dinner, tickets to a football game—the standard cures for the blues—don't seem to pick up his spirits. All of these examples represent a change in the husband's usual behavior pattern, and that change is the single most important warning sign of a possible marital problem.

There could be many reasons for his new behavior. Chances are that the change is only temporary, and eventually he will return to his usual personality. But you should remain alert to his actions.

If, indeed, he is involved with someone else, the changes may become more pronounced as time passes. You may overhear him talking quietly into the phone, although he usually speaks loudly. He may make a point of picking up the mail himself when he used to let others in the family do so. He may stay at the office later. His business trips may be extended; perhaps he no longer catches the first plane home after a convention. His dinner club meetings may end later and later. He may begin to take more care with his appearance, or he may become sloppier, rather than neater. His sexual attitude might become more liberated. He suddenly may attempt radically new techniques in bed. He might say, "Oh, I'm not so sure that this idea of swinging is so bad after all."

You may feel a breakdown in intimacy, a loss of sharing. He may seem to be guarding a secret. There are any number of hints that can give rise to a feeling of uneasiness and suspicion, and your suspicion may be warranted.

Q. *I suspect, but have no proof, that my husband is cheating. Why do* I *feel guilty?*

You shouldn't feel guilty, although that's a normal reaction. Look at your suspicions in a positive way. They may point to hidden problems in your marriage, and they can help resolve those problems. A certain amount of suspicion is health. It forces you to examine the progress of your marriage. It keeps you on your toes.

Suspicion becomes dangerous, however, when it gets out of hand. You should always give your husband the benefit of the doubt (and vice versa). If your suspicions are raised only once in a while, or if they last only a short time, there is probably a perfectly reasonable explanation for his behavior. Maybe your husband has been secretive because he has planned a surprise birthday party for you. Maybe he has been preoccupied with a major task at the fice. Maybe he has resolved not to t you for granted. His change may caused by a physical illness—or an e tional crisis that may or may not inv someone else. Examine all the reas before you risk a false accusation.

Q. *Deep down inside of me, I k my husband's cheating. But I don't w to face it. Is something wrong with*

If you are afraid to face the possibi of adultery in your marriage, then may have emotional securities that c tributed to an affair. You should not so naïve as to deny blatant evidenc adultery. For only when you face fact of infidelity can you begin to c with it. There are things you must now. They may be painful, but t hurt less than a constant denial of w you know to be true.

Most women, at first, try to keep t doubts to themselves. They end up s ing mountains of anger, frustrat shame and humiliation. Invariably, t feel better once they confront the tr Only when they have brought their f to the surface can the women begi deal with fear.

They aren't so afraid of, and c cerned about, the physical act of a tery. Of course it hurts to think of t husbands with other women. It h very much. Perhaps on a conscious l that's what hurts most of all. But w they think about it, they realize that the emotional rejection *(continu*

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EVERY OTHER MAN

continued

that hurts far more than the physical rejection. If a husband has lied, for example, his wife may feel that she will never be able to trust him again. The loss of emotional closeness is what really threatens a marriage.

If you can probe your real feelings about adultery, you can confront your husband with your suspicion in a healthy way. Your job is to help him see that you are far more concerned about your relationship with him than about his relationship with someone else.

Q. *He's the one having the affair. Aren't our problems his fault?*

It is so easy to blame him. It is easy to blame another woman. It is far more difficult to accept some of the blame yourself, for you most likely think of yourself as the "innocent victim." Yet, in truth, it takes three corners to make a triangle. You, your husband and the other woman—all have emotional weaknesses that contributed to the situation. Your own contribution may have been great or small, but this is not a time to be interested in keeping score. It *is* important for you to recognize that you have played some role in the affair. Equally important is your willingness to bear some of the responsibility.

Now's the time to take stock of your marriage. Be honest and ask yourself: How much time do my husband and I spend together? Have we been neglecting each other for the children or work? Have our attitudes changed? Are we still in love with, and attracted to, one another? Is our sexual relationship mutually satisfying? The self-examinations may show that you both have been careless with your marriage.

Q. *I'm scared to discuss adultery with my husband. How do I go about it without precipitating a crisis?*

Choose a time to talk quietly without interruptions. For an opener, you may want to say: "We don't seem to be talking the way we used to. I wonder what is happening to us." This approach accomplishes several things. You have openly stated your concern and have indicated that you feel there is a problem. You have not, however, said what you think the problem is, so your husband, who may be quite innocent, is not declared guilty before the facts are in. By telling him that you are willing to share responsibility for what went wrong, he isn't forced to feel defensive.

Q. *When I follow your advice and tell my husband I'm concerned about our relationship, if he is cheating, will he admit it to me now?*

Possibly. But remember, he may *not* be cheating. It is very possible that your husband has thought about adultery but has not acted on his thoughts. Sexual feelings, after all, are a natural part of life, and sometimes they're not confined to those we love. Men and women are both vulnerable in this respect. But many women have denied their own extramarital attractions for so long that they have difficulty acknowledging them in their husbands.

Let's say that your husband does have his eye on another woman. Your careful handling of suspicion, before a serious affair begins, can show him what he is risking. He may resolve to work harder at strengthening your marriage. Although I certainly don't prescribe adultery for an ailing marriage, sometimes a brush with it—or a reminder of its possibility—helps a husband and wife focus on each other's needs.

Q. *Is it true, as I've heard, that a man may actually want to be caught?*

Yes, in some cases, and a wife's early handling of the situation bring it into the open. If a hu leaves evidence lying around, it cates that he wants, at least su sciously, to get the problem o hiding.

Some men, perhaps most men adultery no fun at all. They quickl ize that a strictly physical relati means very little when compared emotional commitment they expe with their wives. Many find them caught up in a round of secret exp hurried liaisons and phony excuses ers find that a mistress is far mo manding than a wife.

The husband who cheats exper a complex set of emotional reactio he may not fully understand. A cheating may give him a sense hilaration, a new zest for life, a h ened sexual energy. As long believes that he can keep his tw separated, the exhilaration will las it is merely a buildup to a big let

Invariably, a second phase begi feels pressure, perhaps from the woman, perhaps from his own science. Worried about being caug may become restless, irritable, co or depressed. He may find it diffi sleep. He may increase his eating, ing or drinking. After the stress o boring so many painful and conf emotions, he may welcome the o tunity to bring his secret to light.

He may, however, need some prodding to confess. He is scared threats from his wife may make h treat further—or launch an attack own. That's why outright accusati adultery don't belong in that firs As I emphasized before, a wife s focus the conversation on the qua the marriage. The wife who restric comments in this way shows he





what is most important to her—not "right" or morally sanctimonious, eing married to him. Most hus- will understand the implications conversation. But if a man does spond, even after having a few o think, his wife may have to at- a more pointed discussion.

I asked my husband what was with our marriage, and he didn't answer. What's the next step?

more specific. You might say quiet- think this change in our relation- nay have to do with a number of . It could be the tension of your ght now. It could be the children. ld be your health. Or it could be ou're having an affair. Whatever roblem, I want you to know that ncerned about it. But I want to is there another woman?"

I'm pretty sure that my husband eated. I've talked with him twice, still insists that nothing is wrong. should I do?

p the subject. He now has no s about what is bothering you. If aving—and denying—an affair, he eed a few days or longer to gather urage to tell you. Let him think the conversation and think about he wants to do. Most likely, he will find a time to talk with you. f he is, indeed, having an affair, l tell you.

My husband admitted his affair. happens now?

now begin the long, agonizing s of deciding the future. You and usband may be able to learn from problems and rebuild your mar- Or you may call it quits. Regard- the final outcome, however, the diate effects will be painful.

I'm so angry at my husband that talk to him. How can we possibly out a solution?

Anger is usually the first emotion a woman feels when she learns that her husband has been unfaithful. Direct expression of that anger is necessary to clear the air; and until you let your husband know how you feel, your anger will build and broaden the distance between you. Say what comes to your mind. Your husband probably will not be surprised at a tirade. He expects it.

Your husband may express anger of his own. He'll need to find a release for his tension, too. He also needs to defend himself, to look for justification for his infidelity. For a time, anger may keep you both from making any progress. The anger should subside after several days or weeks. Don't hold on to it forever.

Q. *Don't some men have affairs for years without being caught and without suffering fear or guilt?*

In some cases, yes. Often, however, they're successful because their wives choose to ignore the evidence. Still, it is possible for a man to cheat over a long period of time, and to get away with it. But I believe that no matter how successful his extramarital life, he will experience some difficulties. Human nature makes it hard to live with secrets without feeling anxiety and guilt.

Q. *I think about the other woman all the time. Is that strange?*

Wives have, in general, one of two attitudes toward the other woman. Some wives do not want to know anything about her; they order their husbands never to mention her name. Other wives want to know everything, sometimes even the sexual details. They become obsessed with wanting to know what she looks like, and they may even try to arrange a face-to-face meeting. It is not uncommon for a wife to hate the other woman, and vice versa. Somewhere in this range of reactions, you need to develop a healthy response to the threat she poses.

Remember, you and she have a lot in common. As far as she is concerned, *you* are the other woman. She may hate you as much as you hate her. She may want your husband's love as much as you do. She may be curious about you, just as you are about her. Like you, she has a particular set of emotional strengths and weaknesses. And, like you, she faces a variety of problems resulting from your husband's cheating. She is part of a secret that makes her feel guilt and anxiety. In return for that anxiety, she receives only brief moments of your husband's time, and never any special times.

The secrecy means that she cannot telephone him at home to talk over personal problems. Perhaps she cannot be seen in public with him. She has to worry about pregnancy. She has to worry about the humiliation of being branded an adulteress. The affair may adversely affect her career or her relationship with a disapproving family. She cannot count on your husband for emotional support; in fact, his ties to her may be quite tenuous. What's more, as time passes she may come to symbolize the source of his own guilty feelings, and she, of course, will be blamed for his inner conflicts.

Q. *I'm so curious about the woman's appearance. Should I ask my husband to show me her picture?*

Perhaps you should ask for a general description. Listen carefully, for the description may provide you with an important clue to your husband's feelings. If she is described as sexy, your marriage stands a good chance of survival. Perhaps your husband is seeking strong sexual stimulation because some crisis in his life has temporarily upset his self-esteem. He may be having *(continued)*

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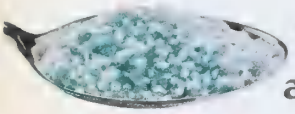


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VERY OTHER MAN
continued

le on the job. He may be worried aging or he may be in a financial Any of these things may have n him up. To bolster his opinion of lf, he had an affair.

may be worried, too, about his sex- erformance, and if he's suffering what is called the Madonna-harlot ome, he may not be able to turn u with his problem. To explain: a man's self-esteem is low, he of- ıay feel that he does not deserve ood" woman—that's you, the Ma- a. Only when he is with someone ı he cannot respect—a "bad" wom- he harlot—will he be relaxed gh to perform well sexually. Some will see the folly of their stereo- , narrow views of women as their steem improves. They then will patch up their ailing marriages.

What else can I learn?

ır husband's report on her qual- nay not be reliable. He may make em too good, or he may play down ttributes. But try to determine *he* thinks is so wonderful about vhether or not you agree. What he in her may be what he wants to ore of in you. Some of those quali- ıay be reasonable and worthwhile. nay decide that you would like to re those qualities in yourself.

also possible that your husband l toward someone else because very much like you. She may re- him of how things used to be be- ı you. He may be trying to recap- he fun and mutual interests you to share. If this is the case, you ask yourself what happened to ood times. Who or what came be- you? Why did he go out looking nemory of you?

My husband had an affair with a iful young woman. How can I to compete with her?

ou expect to keep your husband e basis of looks alone, your mar- may be doomed. Keep yourself g the very best you can for your nd you will command the respect eryone—including your husband. try to compete with a younger n, and you only may succeed in g ridiculous. The hope for your age lies beyond the realm of beau- survey on male sexuality found that ajority of American men placed r value on the concern a wife has er husband than on her beauty. husband needs to feel the value of ve that grew as he shared with you.

I want to know every detail of my nd's extramarital sex life. Knowing it somehow makes it less frighten- But he begs me not to grill him. I have a right to know everything?

ıen a wife is determined to find out all the details, it indicates that she is trying to measure herself against the other woman. Instead of becoming obsessed about their relationship, perhaps you should look at the quality of your own.

Q. *My husband had a one-night stand while on a business trip. Is this a serious threat to our marriage?*

If it happens only once, the chances for your marriage to recover are good. On the other hand, if this happens frequently, he may be searching for proof of his virility through a variety of partners. The perpetually unfaithful husband usually doesn't understand himself very well and often needs counseling.

Q. *What about the man who carries on a long-standing affair with one woman? Is this more of a threat?*

Indeed it is. She and your husband are emotionally involved with one another, and that involvement will interfere with the attempt to solve your marital problems. Meanwhile, your husband's continuing affair is going to rob you of his affection and time.

Q. *Should I forbid him to see her?*

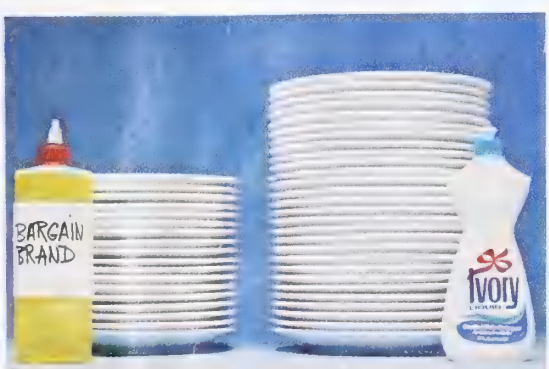
No. Forbidden fruits always appear to be sweeter. Put another way, people have a tendency to challenge ultimatums. If he insists on continuing the affair, you may want a separation. Fine. You can talk with him about *your* relationship. But let him make the decision about *their* relationship.

Q. *My husband is convinced that a life with her is what he wants. What can I do?*

(continued)



They all found Ivory Liquid a better buy than their "bargain" brands.



They all used a halfpenny's worth of each—of Ivory Liquid and their "bargain" brands–and they all found the same thing. The Ivory Liquid suds lasted longer, and the Ivory Liquid washed more dishes. That's another way of saying more for your money. No wonder they switched.

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KIDDE

EVERY OTHER MAN

continued

Some marriages, no matter how hard one tries to save th are unsalvageable. If time and effort don't change your band's mind, then you must learn to accept his leaving get on with your own life.

Q. *I desperately want to phone and tell her just wh think of her. Any reason not to?*

Yes. Your feelings of self-worth and your personal dig are important. Certainly there's a sort of relief in creati scene. You may feel that you want to take revenge for loss. But now's the time to think about the direction you your life to take. How you deal with grief, anger, resenti —the whole catalog of emotions you now feel—will be most important part of heading in a good direction.

Q. *What should I do if she calls me?*

The first time she calls, don't hang up and don't blast with a barrage of choice names. Let her talk awhile. L closely to what she says and how she says it. Don't que her about her relationship with your husband, for she only embellish the details. After you have listened po for a few minutes, simply say, "I'm sure my husband a will be able to work something out." Or, "This is somet for my husband and me to handle." Then get off the ph and congratulate yourself for not losing your compo Should her calls persist, say that you do not appreciate ha ment, and hang up.

Q. *What if the other woman is my best friend?*

Obviously, she won't remain so. If the affair is out i open, then all three of you should reach some agree about the future. If she doesn't know that you know abou affair, then your husband has an obligation to tell her. Sh he refuse, then you should go to her and discuss the situa

Q. *Can we ever get our marriage back to the way it*

"The way it was" was unhealthy. "The way it was" res in your husband's cheating. Both of you must work to your marriage better than before.

Q. *I can't get the affair out of my mind. How can I on improving my marriage?*

The first few weeks and months will be the most t Remember: *The important thing is not his relationship her; it is his relationship with you.* With that in mind, against the temptation to ply him with questions abou affair. Be careful not to place uncalled-for restrictions him, too. In the past, he may not have had to accou every moment of his time, and making him do so no only cause a rebellion. Don't insist that he promise t away from her. Pressure can force him to evaluate his riage against a picture of freedom and bachelorhood.

Q. *What should I do to help our marriage?*

First, get your marriage's problems out in the open s you both see them clearly. Then work as hard at bei gether as you had been working at staying apart. T craft classes, lectures, dining out, community projects, t there are hundreds of activities that you can enjoy tog

You also should try to share whatever aspects of you that you had closed off from one another. Be equal pa in sharing decisions about the family budget or the runn the household. Learn to talk seriously about problems w berating one another. Amid all this you may discove you're also sharing the reconstruction of your marriag

Q. *Before his affair, my husband and I were never a talk about our feelings and frustrations. How can we to communicate now?*

First, you both must agree that you need to talk freely. Then you may want to explore why you have be able to talk. Perhaps his parents never talked openly, a picked up poor habits from them. Did he grow up th it "sissy" to show his feelings? Or, maybe your p never listened to you as a child. Were you warned be too sensitive?

ıce you have examined the past, begin to discuss how feel now. If your husband feels uncomfortable, don't him for his feelings—you still can make an attempt to ibe yours. Perhaps when he listens to you for a period of he will catch on to the art of communication and will to talk himself.

Our sex life deteriorated before my husband cheated. can we improve it now?

me couples find sex to be the most difficult aspect of ıciliation. The more insecure the woman, the more diffi- t is for her to forgive her husband. The more insecure ıan, the more difficult it is for him to overcome his guilt. n bed where the memories of the affair often persist the st, and he may experience temporary impotence as he gles with his conscience. So try to approach your sexual ıciliation in the same way you handled your emotional ems. If you have never talked about sex, begin to now. may be difficult for you both, but try, it's important. feelings with one another that you may have been hid- or years.

xual compatibility requires practice. You must talk and iment with one another to find out what both of you ome and dislike, and what areas need a compromise. overing sexual compatibility, though difficult at first, can ne of the most pleasurable and unifying experiences in riage.

My husband and I are back together. We are fairly y. But sometimes, in the middle of the night, I wake up g. The memory of his affair stays with me. Will I ever be to forget what happened?

. The memory will remain, but your feelings about it d change. Pain has a way of being dulled by time and rstanding. If you do your emotional homework, the re- ıent and bitterness will die. In a while, you will be able cept and share responsibility for the affair. Gradually, will understand the psychological reasons behind your and's infidelity, and understanding will soften the anger ıurt. You cannot forget, but you can forgive.

What are the chances my husband will cheat again?

notional weaknesses that contribute to adultery never e fully erased. With help, they can be controlled.

ch experience in life changes us. You and your husband ot the same individuals you were 20 years ago, last year, nonth, yesterday. In dealing with adultery, both of you learned about yourselves and your marriage. That ledge, when used in a positive, growing way, will make stronger, more capable and more loving people. These ties alone will help prevent renewed adultery. In addi- there are questions to ask yourselves: Have you both loped an ability to understand one another? Are you r at handling emotional problems? Are you nurturing the city for change? Are you developing patience? Are willing to work together? If you can answer yes to questions, then the chances of future cheating will be ıed.

ten in couple counseling, I ask husband and wife to separate lists of what they believe to be the good ts of their marriage, and what qualities they each want pouse. Surprisingly, many people don't know what they . And if they don't know, how can they expect their ses to please them? Husbands and wives need to spend hours in discussion, in learning—perhaps for the first —what each expects from marriage and how each can provide for the other's needs. Honesty, even if it is pain- s crucial to a good marriage.

Ann Bartusis, M.D., is a Clinical Assistant Professor of hiatry at the Medical School of Pennsylvania, and the woman on the Board of Trustees of the American Psy- ric Association. In addition, she's maintained a private ice in psychiatry for 18 years, and lives and works in delphia.



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The Last Convertible

continued from page 103

Goodman at Totem Pole on August 9th. You are hereby ordered to Stand By, preparatory to Dance Off Both Your Shoes. Und remember: zee importantistisches ding ist zu BE THERE, ja? Herr Unterfeldmarschall Bruno von Langendobber.

I pulled off my work clothes and went into the shower, already trying to figure things out, already on my way there.

Half the fun was planning it. I think we got as much pleasure out of putting together an evening like this as we did from the evening itself. We worked up incredibly complex schedules, shot back and forth letters, cards, cryptic wires—we all hated the phone. And we weren't so scattered, really, that summer, the last summer we were all together, the last summer America was all together, that summer of '41. I was working in the beater room at the paper mill again; Russ was down at Brewster writing a mountainous historical novel about Voltaire and Frederick the Great; Dal had a job as barboy at the Annisquam Yacht Club. Jean-Jean was at summer school in Cambridge, making up those courses he'd flunked. Only Terry was loafing ("and proud of it") at his family's summer place in Scituate.

The girls were harder to round up. Chris was on the Cape, of course, and Ann was working as a receptionist in Boston; but Nancy was a counselor at a girls' camp in Pennsylvania and couldn't get away; and Liz, out in Michigan, sent Dal a terse one-liner, straight wire: ARE YOU SANE NO QUESTION MARK CAN HEAR BG ANY NIGHT FROM FRONT PORCH. But after more frantic correspondence Ann got me a blind date with a girl she said was "barrels of fun and a really groovy dancer," and Dal was bringing a suave number he'd met at the yacht club. No one knew who Jean-Jean had decided to favor.

We were to rendezvous at Russ's home in Boston at noon. Wally Hannon said he'd take my tour at the mill on Saturday in exchange for a day later in the month. I'd picked up a '32 Dodge sports coupe that had been in a wreck and had been working on it in my free time. One of the springs was badly cracked, she had a tendency to overheat and two of the tires were doubtful, but I figured she'd make the trip. Jean-Jean and Dal weren't the only ones: I was going to drive up in style with my own convertible.

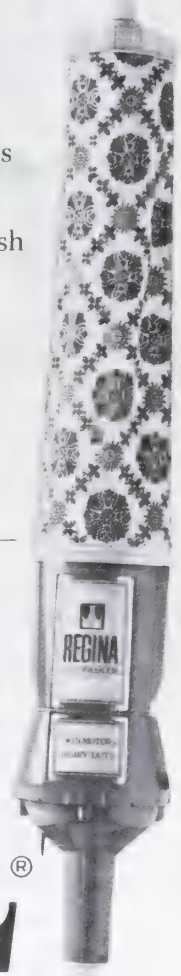
I was on 3-11 shift that week, and got away just after midnight Friday, running east along the canal, past those thunderous Revolutionary names—Oriskany, Herkimer, Fort Plain—in the clear, cool night. I had coffee at an all-night diner in Scotia and crossed the Hudson just as first light was breaking over the Berkshires, singing to the radio.

It was just east of Pittsfield that things began to go wrong. The fan belt broke in Cummington, but I'd anticipated that. I had a spare and changed it myself. Then just outside of Leicester the spring let go; after a lot of fussing and fuming I jacked her up, stuck a four-by-four block between the axle and chassis and wired it snug and she held, though every time I went over a bump it was like jumping on an anvil. A thunderstorm caught me while passing through Marlborough and I got drowned before I could get the top up; it was three in the afternoon before I pulled into Boston, dangerously close to boiling out.

The Curriers' house was on Beacon Hill. Bulfinch had designed it himself. It was beautiful. The front portal was flanked by two graceful Ionic columns, the panes of glass in the bow windows were purple with age. I shut off the engine and wiped my face against a shirtsleeve, feeling wildly, totally out of place. *(continued)*

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The Last Convertible

continued

"Grog boy! What took you so long?" Russ was standing on the front steps. He looked tanned and fit, his hair loose over his forehead. The silver plaque centered in the great front door said *Currier* in fine Spencerian script. "Come by sea?"

"Ran into a little shower," I said.

"Ah, the open road. . . . Did you drive it or did you push it?" He came down to the car and peered at the steaming radiator. "What's its name?"

"I was waiting for you to give it one."

"Words fail me." He yanked my father's old Gladstone out of the seat. "I haven't got *that* much imagination."

Inside it was cool. We climbed the curving stairs with their fine emerald-green carpet, and now, sliding my hand on the rosewood banister, I could hear the rattle and thump of talk and music, and above it, around it, the voice I wanted to hear most of all. As I came in Chris leaped to her feet and came up and kissed me lightly on the cheek.

"George! Did you have an accident?"

"The whole trip was an accident," I answered, and everybody laughed.

"You look beat," Ann said. "Here, I want you to—"

"No intros," Russ broke in. "Let him go upstairs, dry out and loosen up. Or do you need a complete overhaul?"

Half an hour later, shaved and showered and dressed in my one good cord jacket and slacks, I came downstairs and met my date.

"I'm Bunny Delahoyde," she said. She was a short, chunky girl with a funny button nose and a wide mouth; her eyes crinkled up into slits when she laughed. "I'm going to B.U. in the fall. Ann says you drove all night. Aren't you tired?"

"Never felt better in my life," I answered, which was true. "I wouldn't have missed this for all the oil in China."

"Loyalty, thy name is George," Terry murmured, but he smiled at me.

It was lovely sitting in the great double living room. The ceilings were high, incredibly high, there were black marble fireplaces, the doors were of mahogany and had silver hinges, the bow windows ran from floor to ceiling. Curriers in frock coats, in wigs, in judicial robes stared testily down from the dove-gray walls. There aren't homes like that any more, anywhere, even on Beacon Hill; they've all been broken up into apartments or gussied up with circular iron staircases and kitchenettes; but whenever anybody speaks of a house being elegant or distinguished it's the Curriers' I see, like some old Flemish interior you remember, cool and quiet forever in the mind. It was all I wo ever have wanted for a home, and it in the heart of the city I loved more t any other in the world.

The couches and chairs were cove with muslin for the summer, which g the rooms a curious atmosphere: sta and festive at the same time. We around and sipped Tom Collinses rum-and-cokes and played records, everyone talked at once. We'd b separated for a thousand years, w hardly been apart at all. Dal cam with his yacht club date, a voluble, le girl named Sue Hazlett, who wen Bryn Mawr and had her own 31- sloop. Jean-Jean finally arrived, lool pale and drawn, bringing Gwen. late afternoon light glowed on the traits, the breeze sighed in the elms Mt. Vernon Street. We talked about year at college, danced fitfully and c lessly, and laughed at one anoth jokes, no matter how stale; and the g faces flushed with sheer pleasur anticipation.

"Where'll we eat?" Dal demanc "I'm hungry."

"You're always hungry," Terry sa

"Well, we ought to get the show the road, hadn't we?"

"Don't rush it, Wog baby," Russ s "Let's not rush off. Let's let it buil little."

"Let what build?"

"Oh—the evening, life in gene Let's let it *intensify* a bit. . . ."

"You and your crazy romantic tions," Dal retorted; but he subsic He'd felt it too. Together again, enc in these sedate, gracious rooms wh no harm could ever befall us, with big-band revel still ahead, we wante hold the impending moments, sus the fond, fatuous illusion that we c slow down time itself, fix it in ambe

"You look terrific," Dal was sayin Chris. "Really and truly sensational you know that?"

She did. Her face was tanned, not heavily; the whites of her eyes w achingly clear, her lovely mouth sof velvet. Her long legs and high-arch slender feet were smooth and brow white sling pumps; sitting there so e and proud in her white sharkskin d she looked—oh, grace, thy name Christabel . . .

"Am I?" she said happily. "You kn it's funny—I went into Jordan M yesterday and everyone kept say 'You look wonderful! You look won ful!' and I took one look at *them* decided I did, after all . . ."

"Christabel should have a statue her own around the fountain there the Jardin de Lux," Jean-Jean n mured. "Among the great ladies France."

"For God's sake, don't spoil her more than she is already," *(continu*

If you don't want to quit smoking or drinking, shouldn't you at least replace the vitamins you may be losing?

ot of people smoke. Many drink alcohol, too. the health hazards, they may enjoy smoking nking so much, they don't plan to stop. If that's se, consider what may be happening to mins in your body.

ing may rob your body of Vitamin C.

cent scientific evidence has proved od plasma levels of Vitamin C kers may be up to 30% less than in okers. If you smoke 20 or more ciga- day, the Vitamin C reduction can o 40%.

rinking may rob you of vitamins, too.

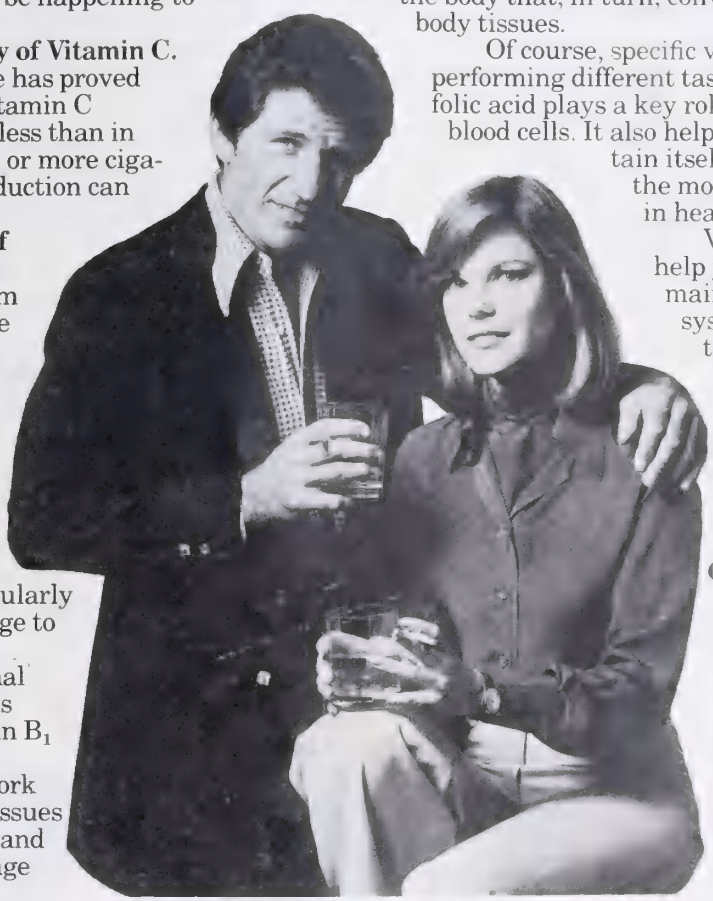
ny people ranging from ics to those who may be ed as heavy, regular or -called "social drink- have poor diets be- lcohol preempts nor- d intake. The result lowered protein, l and vitamin levels. ronic drinking can the storage capacity nins in the liver, particularly d. When alcohol damage to r occurs, the liver has ty performing its normal n of absorbing vitamins od, particularly vitamin B_1 c acid.

nen the liver doesn't work y, repair of damaged tissues s difficult for the body and complex vitamin storage o get depleted.

may come up short on vitamins.

s very possible to compound a vitamin loss by con- y depleting your body's "warehouse" of vitamins. while, loss of your body's extra supply can turn itamin shortage. Once your levels are depleted, ble symptoms can result.

u may lose your appetite and then body weight. uld experience adverse psychological symptoms. leness, sleeplessness or constant drowsiness can



What are some of the important functions of vitamins?

Vitamins are essential for life and good health. Their primary function is to produce chemical reactions within the body that, in turn, convert food into energy and build body tissues.

Of course, specific vitamins are responsible for performing different tasks in the body. For example: folic acid plays a key role in the development of red blood cells. It also helps your intestinal tract maintain itself. Studies have shown this is the most commonly deficient vitamin in heavy drinkers.

Vitamins B_1, B_2, B_6, and niacin help your body in many ways. They maintain the heart and nervous system. They help build new body tissues and help keep skin, teeth and gums healthy among others.

Vitamin C is essential for healthy gums and bones, strong body cells and blood vessels, faster wound healing and the prevention of scurvy.

Other reasons to need vitamins.

As you can see, vitamins are not only important—they're essential. What's more, if you eat poorly, take birth control pills, or happen to be sick, you may not be getting all the vitamins you should.

Since vitamins are essential for good health, know how to get them.

There are a variety of ways to make sure you get enough vitamins. First, eat a balanced diet. Today, many foods are vitamin enriched or fortified, so look at the nutritional labels of the foods you buy. Just to be sure, you can take vitamin supplements daily.

There are a number of different formulations including multiple vitamins and B-complex with C, as well as supplements of individual vitamins.

Vitamin Information Service, Hoffmann-La Roche Inc., Nutley, New Jersey 07110.

ROCHE

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A little-known fact about nonprescription methods of birth contro

None are proven safer or more effective than Emko Contraceptive Foam

Can you protect yourself against pregnancy and avoid serious health risks at the same time?

Many women today are questioning the value of 'round-the-clock contraceptive protection, especially if it means losing a feeling of health and well-being. Reliable birth control simply doesn't require so serious a sacrifice.

The Emko Company strives to provide the most sensible balance of contraceptive safety, effectiveness, and convenience. Emko Contraceptive Foam was developed to meet the needs of modern well-informed women seeking those benefits.

Simple birth control confirmed by modern science.

Emko Contraceptive Foam contains no hormones and requires no objects residing permanently in your body. There is no risk of the complications which concern people about the Pill or IUD. When used as directed, Emko Contraceptive Foam is a highly effective means of preventing unplanned pregnancy. In fact, during the fifteen years women have been using it, no nonprescription method has been proved more reliable.

One application provides immediate protection in two ways: the foam forms a self-fitting barrier to block movement of sperm. The active ingredient—one of the most potent—then acts to immobilize sperm on contact. Emko Contraceptive Foam is simple and fast-acting. It's been tested and proved effective by the most sophisticated scientific research techniques available.

NOTE: The U.S. Government Food and Drug Administration (FDA) has classified EMKO CONTRACEPTIVE FOAM as a highly effective method of birth control.

Why most women who use Emko Contraceptive Foam have found other methods unacceptable.

Most users have already tried Pills, IUD's, or diaphragms. Fear of long-term health risks, actual discomfort, and inconvenience are the usual reasons for switching from these methods to Emko Contraceptive Foam.

It's often considered a more "natural" alternative cause it works the instant you need it, without affec you 24 hours daily. Emko Contraceptive Foam is b control *you* control. And there is nothing to fit or rem afterward, as with a diaphragm.

Unlike any new vaginal suppository, Emko Contraceptive Foam is effective immediately.

There's no waiting for material to melt before protec can be relied upon. Emko Contraceptive Foam is a pl ingly delicate substance that need not interrupt interfere.

Three forms of application with advantages over other brands.

The Emko Company was the first to invent and dev contraceptive foam, and none of its imitators has b tested as extensively in published medically superv research trials.

Only The Emko Company offers two additional app tion methods: Pre-fil® Contraceptive Foam and Becau Pre-fil requires no shaking and includes a unique ap cator that eliminates the delay of filling during use, s it may be filled in advance. The Because Contraceptor today's ultimate in contraceptive foam convenience. applications are supplied in a single patented tam sized unit.



All the Emko bra of contraceptive foam liver more of the ac spermicidal ingred per application than other brand. None tain potentially irri ing perfumes.

Look for Emko traceptive Foam at d stores everywhere. prescription is ne sary. To receive addit al information, writ the address below a free booklet, *A Balanced Approac Birth Control.*

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Birth Control You Control

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Precious Rose Milk Moisture for Hands and Body

The Last Convertible

continued

s complained. "Chief Atwood ped me speeding outside Falmouth she talked him out of it. 'Any boy g around with you would be the t sort, Miss Farris.' "

always speak French at such mo- ts," Jean-Jean observed. "No mat- ıow distraught the gendarmes get ntinue to speak French. Very rap- It baffles them."

nd finally the sun dropped behind stately narrow facades across the t, and we got ourselves together milled around outside; there were ıstating comments on my battered Dodge, and I pretended to be ly hurt. Russ had his father's k, and Bunny and I rode with him. was in his Ford, and Terry and shared the Empress with Jean- . We had dinner at the Old Oyster se, where the air was full of the of fish and brine, and the fans densely over our heads, and saw- lay on the floor in soft, ocher trails. ı we took off for Norumbega Park. he amusement section came first— get us in the proper frolicsome d," as Russ said. We sauntered g the concessions alley, choosing ous challenges at random. Chris an enormous panda in the ring game, Dal cleverly manipulated note-control grapnel and brought Mickey Mouse wrist watch and a w comb and a Brownie camera. ıe shooting gallery Terry amazed ll: the Messerschmitts and Focke- fs dived and zoomed crazily across lue screen, faster and faster, and he shot them all down until the machine glowed red, white and blue and registered three free games and we all cheered. Then we climbed into cramped little beetle-boats and raced around a rink, shrieking and howling. It was revealing, the way we drove: Terry avoided all collisions, Jean-Jean rammed everyone in sight, Russ raced against the tide, Chris kept trying to slip between vehicles, Dal picked one target and pursued it relentlessly; I seemed to get hit incessantly from all directions.

After that we squeezed into bomb-like gondolas suspended on steel cranes of arms that whizzed round and round till Norumbega was one long blur of crazy-quilt bands of colored light; and finally Russ said:

"All right, children, that's enough fun and fury, what do you say? Let's get over and catch the King."

Of all the dance pavilions we loved the Totem Pole best: a vast, softly lit amphitheater with couches flanking small tables that descended gradually to a dance floor smooth as old horn. It was exactly what we required: a wide floor, crowded but not packed; good dancers, we rarely bumped into one another. And above the floor, seated behind their gold music shields was the reason we'd put it all together. Our wrists stamped with the invisible ultraviolet colophon that allowed us to come and go, we entered the hall. The rhythm reached out to us like a dense, quickened, cosmic heartbeat, and Chris cried:

"Oh, Jackson! Listen to that heavenly sound . . ."

"What's your favorite band?" I asked Bunny.

"Artie Shaw," she answered without a second's hesitation. "Do you know 'Octoroon'? Do you know 'Non-stop Flight'?" Then she ducked her head and grinned. "But—well, when you've said everything there's only one BG."

The bands—we were forever arguing about them. We all had our individual preferences and put-downs. Artie Shaw had a terrific sound; yes, and sexy as hell, but at times he was obvious, even crude. Tommy Dorsey was smoother, but sometimes he was *too* sentimental. Well, if it was a question of musicianship, Ellington had the great sidemen—and besides, he'd invented a new kind of music. No, the Duke was too effete, too sophisticated—dancing to Ellington all evening was like trying to drink a gallon of elegant syrup. Count Basie was the best; no, he wasn't—Basie was great all right, he had the solidest rhythm section in the big time, terrific drive, but he lacked—well, something. Glenn Miller was unbeatable in certain numbers, but there was that tendency toward the cute; he put too much emphasis on vocals, and so did Jimmy Dorsey. Well, so would anyone who had Bob Eberly *and* Helen O'Connell. Harry James was exciting, so were Woody Herman and Gene Krupa. They had their great soloists, their own indelible styles; but when you added it all up, somewhere along the line they lacked—well, something. . . .

But the band we could all agree on, for a long evening of dancing in all moods and tempos—jump and shag and glide—was Benny Goodman's. Year in, year out, it remained for most of us *the* band—full of invention and vitality and sheer overpowering musicianship; the sound that most vividly recalled an evening, a moment in time. The very ease with which the band could give up its great stars—Krupa, James, Rollini, Elman, Stacey, Wilson—and replace them with exciting new talents had something grand *(continued)*

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LJ

The Last Convertible

continued

about it, like an indulgent emperor scattering handfuls of gems over a multitude. And the replacements were so good we forgot our dismay, even the purists among us, and listened for fresh nuances, different styles of shading old tunes. No music could envelop you more securely, more compellingly: the urge to dance was almost irresistible. In a galaxy of jazz nobility, of Dukes and Counts and Earls, the proudest title was Goodman's. He was The King, and there was no more to be said.

Now we moved out onto the great smooth floor like children in a trance, while Peggy Lee sang to us in that faintly mesmeric, subtly forlorn tone of hers of betrayal and desire, and Cootie Williams' lean gold whip of a horn slipped here and there in rippling, muted obbligato, and young Mel Powell dropped piano chords like tolling bells, fathoms down . . .

"Oh, how I'd cry, oh, how I'd cry
If you got tired and said goodbye;
More than I'd show—
More than you'd ever know . . ."*

Then the mood changed, the saxophones burst out in cool, pulsing melody and the brass team rose above it, martial trumpets challenging some barbaric citadel, blowing down its walls; and we spun our girls out and back, stamping out our shifting, weaving patterns, and shouted our delight at the end of the solo rides. *King Porter.* Bunny was a good dancer—Ann had done all right by me: I signaled her as much over a forest of heads—we caught on to each other's styles quickly enough, and the music took us. We only went back to the table when the band made its breaks. Nobody wanted to drink really, not even Russ; we talked about Lou McGarity's driving trombone, and this brilliant new kid, Powell—where had he come from?—argued happily about bands and tunes and other evenings, and waited for the music we loved more than anything else to start again, welding us together, beating around us like golden rain. . . .

When the dance contest was announced we were surprised, full of audacity, on our mettle. Art Draper, the pavilion's major domo, blew into the mike—everyone always blew into a mike before he used it, those days—smiled his genial, boyish smile and laid down the ground rules.

"Now, there've been a lot of complaints that some recent contests have been tilted in favor of the professional jitterbugs and the Latin lovers (faint applause and whistles), so we've decided we're going to find out who the *real*, all-around, gold-plated dancers are among you out there (laughter). The band will play eight different dance styles—fox trot, rhumba, waltz, shag, tango, Lindy, conga and Charleston, not necessarily in that order. Now some of you may not know every single style, and it's perfectly okay if you want to try to fake it (more laughter and catcalls). Our floor umpires are very sharp and will probably spot it, but good luck anyway.

"Then, after we've eliminated the clodhoppers and hand-pumpers and walk-arounds (laughter and moans), we'll get down to business. The band will play the same styles again, for the survivors, and the winners will be selected from the five or six finalists left on the floor. Remember, you will be judged not only on how well and inventively you *dance* each style, but on how smoothly you make the transitions (more groans and applause). . . . All right: the contest will begin in five minutes; good luck to all of you!"

The ten of us held a rapid huddle. I said to Dal: "You going to try?"

"Try, hell! I'm going to win it."

"*I'm* going to win," Russ announced. "With a little help from old tanglefoot, here."

"You!" Chris laughed, shaking back her hair. "You never saw the day you could keep up with me."

"How about that conga contest at Belden's Blue Rajah, how about that, who swept them off their feet that evening, mmmh?"

"You and your sensual Latin blood
"You said it, I didn't."

"Can you tango?" Terry asked me.

"Hell, I thought it went out w
Valentino."

"I am the only one of you barbari
who can tango," Jean-Jean said.

"How do you do it?"

"You go into a kind of slinky crou
Dal said. "Like this."

"Buddy, you look like a de-eyebrov
Groucho Marx!"

All around the floor couples were
ing out steps and laughing.

"That's Dick Fallon over the
Bunny told me. "I don't know the g
She pointed out a stocky, good-look
guy in a ducktail haircut who was t
ing to a slim girl in a swing skirt w
brilliant red hair. "He goes to I
They're fantastic. They won last mo
at the Riverside."

"Charleston," I said suddenly. "
he say Charleston? I can't do
Charleston."

"Just knock your knees and kick
your heels," Chris teased me, her
dancing. "Don't be so *serious*!"

It was a nice moment: like a caref
athletic contest without losers. C
Jean-Jean and Gwen had decided t
it out. Chris caught my eye again
winked; that lively, devilish, impul
mood was on her. "Are you re
Georgie? *really* ready?"

"Wait'll you see my double entrech

Goodman started us off with a
trot, which was merciful, then swit
to a waltz, and couples began to
out. I caught glimpses of Russ and C
moving with light grace, *(contin*



"Please, Newton, accept this martini with an olive branch in it."

*"More Than You Know." Words, William Rose and Edward Eliscu; music, Vincent Youmans. Copyright 1929, renewed 1957 Miller Music Corporation and Vincent Youmans, Inc., New York, N.Y. Used by permission.

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"After all that's been said, why do I smoke?"



"Nowadays you hear a ɔt about cigarettes and igh tar.

"Yet I like to smoke.

"So when friends sed to put high tar own, I would have ppreciated it more if ıey'd recommended a igarette with lower tar.

"But knowing what I ke helped me to make my wn judgement on that ıbject also.

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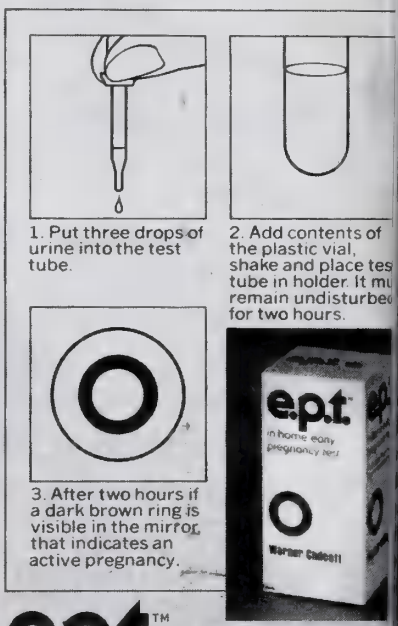
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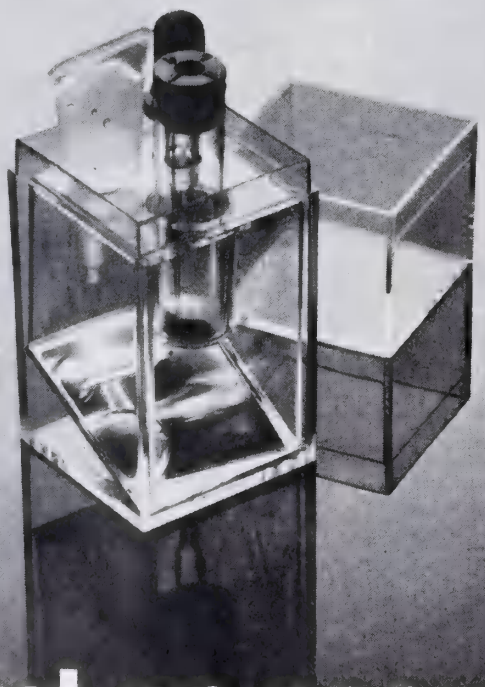
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The Last Convertible

continued

d Terry looking very courtly and sol-
n. Then came the rhumba. The uni-
med umpires were moving quickly
ong us now, tapping shoulders. Dal
d Sue went out here, Dal could never
mba decently. Then came the shag—
God, the shag was fun, if only you
s *knew*—and after that the tango, and
nny and I were quickly tagged.
'Sorry," I said. "My dance education
ncomplete."
She shrugged and grinned her little
pless grin. "We did all right."
'Conga!" Art Draper called, and
nder, haunted-looking Davey Tough
rted rapping out that rolling, insistent
thm. The floor was less than half full
v, with contestants steadily dropping
. Terry and Ann were still there
ugh, so were Russ and Chris. The
olving lights were flicking sharply
r the couples, splashing them in
den spangles. Then, "Lindy Hop!
dy!" and the band went into "Un-
ided," the reed row driving the
thm and the whole floor obedient to
spin-step-spin. There was Fallon with
red-haired girl, dancing superbly,
a thin man in a powder-blue jacket
ng short aerial stuff with a girl in a
ching dress, and a tall black couple
cing in straight-up, Chicago style,
maybe a dozen others. Chris and
s swept by, her gored white skirt
rling like a matador's cape, and we
uted encouragement.
They can do it!" Dal said. "Look at
! Look at that . . ."
One—more—time!" Art Draper's
e boomed, and the band started run-
through the medley again. Terry
Ann had been cut in the Lindy, and
e over to us. We stood there at the
r as couples kept dropping away,
ching Russ and Chris spinning,
double-spinning in the conga to
tered clapping, then shagging to
mpin' at the Savoy" in perfect easy
ncing unison.
Where'd he learn to do that?" Dal
ted. "I never saw him do that
re. . . ."
They're good," Bunny was saying,
y're really good! Have they been—
know, going around together a
le?"
Yes," I said, "since they were kids.
y've always—"
That's it, then."
Yeah, but it's more than that," Ann
. "Chris is—oh, look at that!—she's
that thing. . . ."
nly eight couples now, then six, then
The band lifting into "Roll 'Em,"
gh driving them, picking up fiercely
Draper calling: "All *right!* Let's see your variations . . . Stomp! Suzy-Q! Boogie! Shorty George!" Now there were only three couples left: Fallon and his red-haired girl, the black couple and Russ and Chris. Draper conferring with the other two judges on the stand, pointing, nodding, shaking his head. Lou McGarity slamming into a wild, raucous ride, great gold trombone all aglitter. Russ, slim and hipless, dipping almost to his knees in a series of semi-splits and bouncing perfectly erect again, Chris's face glowing with that high excitement, her lips parted—smiling! she was smiling, on the edge of laughter—spinning and swirling so fast her lovely thighs gleamed like bronze under gauze.

"Our team is re-e-e-ed *hot*!"

"Pour it on!"

We were all shouting now, clapping to the beat. The brass team was on its feet, all five of them, horns swinging in unison. We were swallowed up in rhythm; it washed over us like frantic surf. There was one final, thunderous chorus, the drums rumbling and crashing in climactic avalanche, and the number was over.

The roar was deafening. Art Draper was pointing down to Russ and Chris, calling to them; then they were on the bandstand, with the other two couples, Art was handing Chris the gaily-colored little totem pole and calling over the mike: "—and first prize to Chris Farris and Russ Currier, of Falmouth and Boston!" The other prizes were bestowed; they were shaking hands with the other couples, Chris had embraced the little redhead, the tall black girl, then they were shaking hands again with Art Draper; then the moment was over, the band went off, and Russ and Chris came up to us in an uproar of congratulations and hilarity.

"He did it!" Terry cried. "The son-of-a-gun—he said he'd do it and he did!"

"I like that," Chris said, and Dal retorted:

"The hell you say—Chris carried the club." He gave her a bear hug and a kiss. "You were great, babe. Nothing less than legendary."

Russ was mopping at his face with a handkerchief. "Actually, she was just a touch ragged in the tango. . . ."

"—and what about the Charleston?" she cried, her hands on her hips, her face flushed, eyes sparkling in the gold light from over the bandstand. She had never looked so beautiful; not even at the Yale game; not even on the beach at Nauset.

"It's a question of poise," Russ declared. "Poise under pressure. All it is." He picked up the gaily painted little totem and studied it, bear over owl over lynx over eagle. "This means more to me—this little trinket means more to me even than my Ralston six-shooter. Than my Special Agent's G-man badge . . . Curiously phallic, isn't it?"

"Russ!"

"Idle surmise, purely." He downed what was left of his drink and ordered another round. "We're just too fast. Too fast for the old track, podnuh."

"Looks like it." And she smiled at him—the kind of smile between a girl and a man that means only one thing; for all the world to see.

"Of course I'm keenly disappointed in you all—I was hoping for a Fox Entry sweep. But—some got it, *(continued)*



"I just traded my water pistol for a pregnant cat—whatever that is!"

The Last Convertible

continued

some ain't, as Bismarck once said to George Sand."

"Don't gloat, darling. Modesty in triumph."

"Who will sing my praises if I do not, mmmh? Well"—he ran his hand through his hair and his eyes took on that mischievous stare—"now we've established the old pecking order beyond the shadow of a doubt, let's get down to a little *serious* rug-cutting . . ."

The band came back and we went on dancing, nodding now and then to other contestants on the floor. It made for a loose, easy feeling, a kind of unforeseen camaraderie. The band ran through a flawless "Changes," and then Peggy Lee sang a moody, moving "It's Been So Long," and then Goodman stepped out front, in earnest, and showed us all why he was master of the blackstick, holding in a precarious balance between exuberant abandon and a crisp, disciplined elegance the music we loved at times more than anything else in our strained and slipping world.

. . . The winds of March that made
my heart a dancer—
A telephone that rings, but who's
to answer?
Oh, how the ghost of you clings—!
These foolish things
Remind me of you . . .*

The evening lifted away. We changed partners, and finally I found myself dancing with Chris to "Moonglow," Goodman weaving the simple little melody into something almost painfully poignant against Tough's feathery brushwork and Powell's somber blues chording, the wide hall moving in dreamy acquiescence under the golden spangles. Dancing with Chris was literally like walking on clouds—you had no sensation of stepping or turning, moving your body. To this day I can never hear "Moonglow" without seeing her face that night.

"You looked wonderful out there," I murmured. "Really and truly marvelous."

"It was fun."

"You were smiling. As though you—" I stopped.

"As though what?" She leaned back and looked up at me. Her eyes were filled with those tiny green lights.

". . . as though you knew you were going to win all along." It wasn't what I'd been going to say. I couldn't say what I'd been going to say.

"Maybe I did." She laughed, that low, even laugh that had all kinds of hidden deeps in it. "We were just—you know, stepping it out, concentrating on switching styles, loving the music—and then I noticed the floor was getting awfully empty. And then all of a sudden I felt we could win: I could feel it in Russ's hand—right there, in the small of my back. You know? We were going to win, there wasn't any doubt about it. Silly, isn't it?"

"No. It isn't silly at all." *Nothing you could ever say or do could ever sound silly to me.* But of course I didn't say it. She was my best friend's girl and she was in love with him fiercely, unalterably, irretrievably; I knew that because it's even more true what they say about lovers than it is about thieves; and that was all there was to it. I shut my eyes and drifted in a kind of foolish, holy agony while Benny Goodman's clarinet told its tale of lost love, the melody piercing and exultant and wistful by turns, and the revolving lights stung my eyelids.

And finally the band played "Stardust," that rapturous, bittersweet valediction for all dances of my generation, and after that their going-off number, "Goodbye," the saddest tune ever w ten, and we stood and applauded so now, almost regretfully, and watc the musicians packing up, and t strolled back to our table. Jean-Jean sitting there and saying tersely to Te

"—well, if they've reached the B Sea, if they've actually cut the K Odessa railway—"

"*No war talk,*" Russ protested. "I not tonight, okay? We agreed. I kno know, Germany's swallowing up whole bloody world and we're all g to be drafted and have our hair cut But not tonight, okay?"

And Jean-Jean smiled up at him, charming, indulgent smile, and s "Yours to command, oh, king of the terbugs. What is your pleasure?"

Russ shrugged and grinned. "W we can't quit now. Where'll we go

We stood around in the warm n air, being intolerably witty and found, and laughing at everything nothing. We drove to an all-night p Dal knew where they served eggs b dict; and then Jean-Jean wanted to what Massasoit really looked like, s drove over to Plymouth to look a statue, and as long as we were ther ran down to the shore to show Jean- Plymouth Rock; but it was too da see it. Finally we wound up at a s deserted beach near Scituate wher went swimming and, huddled in to and blankets, sat on a low rocky while the stars fell away one by one the sky lightened to slate, to dove, t mon, and in the ragosa and bayl thickets the birds began sleepily to

"That's Minot's Light," Ann pointing. "I love you."

* "These Foolish Things." (Holt Marvell, Jack Strachey, Harry Link). Copyright © 1935 by Boosey & Co., Ltd. Copyright renewed. Rights for United States and Canada assigned to Bourne Co. Used by permission.

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PAGE 105: ROMANTIC FLOUNCE
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PATTERN: Vogue #7052 requires 2⅞ yds. of 4 fabric.
BUDDING CHARM
PATTERN: Simplicity #8426 requires 1¾ yds. 45" fabric.*

PAGE 106: CASUAL SPORT
PATTERN: McCall's #5991 requires 2 yds. of 6 fabric, 3 yds. 45" fabric.*
PRIM WITH TRIM
PATTERN: McCall's #5948 requires 2⅜ yds of 6 fabric, 2⅝ yds. 45" fabric.
PRETTY PRINTING
PATTERN: Simplicity #8426 requires 2¼ yds. 45" fabric.

PAGE 107: EASY PANTSKIRT
PATTERN: Butterick #5389 requires 2¾ yds. 45" fabric.
THE LONG WRAP
PATTERN: Simplicity #8336 requires 3¾ yds. 45" fabric.*

All yardage approximate. Based on size 10.
*(No extra length added to pattern.)



ou do," Terry answered. "This is so
n."
o, see? One, four, three—the flashes.
e—you . . ."
hat's the kind of lighthouse I can
fy with," Russ said. "By God, I
I've finally achieved it."
hat's that?"
hat's the Aristotelian definition of
ness, Gilligan?"
omplete and habitual exercise of
functions."
h well, if *that's* all it is—we've all
it, we've arrived . . ."
eak for yourself, buddy," Dal said.
piness for me is fifty thousand a
and a seat on the stock exchange."
on't be crass, Dal," Chris pleaded.
tonight."
hat's telling him, babe," Russ took
trionic stance, arm upraised. "A
red years from now, when the big
and debit ledgers on these hectic
are tallied, let no one forget the
, courageous stand made by this
oung American girl, and how it
ed the con—"
thout warning the sun broke up
f the sea like a huge topaz medal-
pouring gold toward us in a shim-
g, quaking river.
ake a wish!" Chris cried.
ou don't wish on the sunrise, silly,"
aid. "It's the first *star* you see, not
n . . ."
ot me. I wish on the first sun."
here'll never be another night like
ne," Russ said; his face was ani-
his eyes searched out each one of
This is the peak. Do you realize
From now on it's all downhill."
ne original Nostalgia Kid," Terry
ked lazily. "Today's vicissitudes
morrow's good old days . . ."

"Let's make a pact," Russ went on. "We'll meet here—ten years from today. Right here. What do you say? Let's swear on it."

"Ten years," Jean-Jean began, and shook his head. "In ten years, mon vieux—"

"We can do it. All it takes is—is firmness of purpose and great desire."

"—and a little luck," I said.

"All right, and a little luck." He waved the brightly painted wooden cylinder above his head. "Come on, now: swear, by the sacred Totem Pole of Norumbega!"

We all swore.

We straggled back to the cars then and got dressed and said our goodbyes; and still we hung around, leaning against the fenders, smoking, chatting, caught in a lightheaded elation that wouldn't leave us. Finally the others all rolled away. And in the fresh, clear morning Russ and Chris and I looked at each other.

"What fun," Chris murmured; she slipped her arm around Russ's waist and glanced up at him happily. "What wonderful fun we all had."

Yes, that was the line. It summed it all up.

I put a towel over my head, rubbing my hair with it. The sun was already hot on my shoulders; I knew it was going to be a scorcher. I thought, all at once and for the first time in hours, of Nancy. I hadn't missed her at all. I felt guilty for not feeling guilty.

"—I didn't get my wish," Russ said in a lugubrious tone.

"You *took* all the marbles," I said, turning. "What in hell *was* your wish on the sun?"

"That it would go on forever." **End**

Your Family's Health

continued from page 54

rs and fathers, Joseph Butterfield, Denver pediatrician who helped te the change, says:

is recognition of the importance ily-oriented childbirth is a major We have to constantly remind al personnel that the *family* is the baby—not the physicians, or urses, or the hospital."

T (AND LATER) AID. Several , elaborate emergency care man- ave lately been published. They n heaps of information—too much, ink, to be helpful in a real emer- . More useful, perhaps, is a 48- *First Aid Guide* recently issued by merican Medical Association. It tells what to do—and what not to til medical help arrives for such s emergencies as choking, heart , shock, bleeding, allergic reactions and the unanticipated birth of a baby. The guide is small enough to slip easily into a purse, backpack or auto glove compartment. The cost: 45¢. From: AMA Order Dept., 535 N. Dearborn, Chicago, Ill. 60610

Another new guide may help sick and invalid persons who purchase health supplies: Sears, Roebuck publishes a free *Home Health Care* catalogue that includes special garments for mastectomy patients, hospital-type beds, wheelchairs, whirlpool baths, blood pressure instruments and vitamins and other nutritional supplements. Contact your local Sears store.

HELP FOR HEARTBURN. Eating smaller meals, as you may suspect, is a key to avoiding heartburn. In an experiment on dogs, University of Florida surgeon James Maher, M.D., proved that large meals help stomach acids escape into the esophagus, where they can cause heartburn. This shows, Dr. Maher says, that heartburn sufferers should not gorge on food. **End**

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OPERATION HEAD START

continued from page 58

sure that your light fixture and timer are operating properly. Set the timer initially for 12 hours on and 12 off; for instance, from 8 A.M. to 8 P.M.

Place a number of peat pellets in a bowl or pail of lukewarm water. They will be fully expanded in about ten minutes. In arranging your pellets or pots on your tray, pack them together as closely as possible. If you do this, there is less chance of their falling over.

There is a shallow depression in the top of each pellet. Drop or press one seed onto the surface and scrape a little peat over it. A large bean seed should be planted its own depth in the pellet. Tiny seeds, such as petunias, are difficult to separate; for these, fold a narrow sheet of very stiff paper and load it with a few seeds at a time. Tap the paper and you can release one, or at most, two seeds.

Label containers and put your tray under the lights. The tops of the planters should be no more than 3 or 4 inches below the tubes. This distance between pots and tubes remains constant, even after plants have sprouted and continue to grow. If you've hung the fixture from a chain, simply raise it by moving the links up; if you've used a fixture on a stand, the fixture will probably be adjustable with screws on either end. In other cases you must make provision to lower the trays—perhaps you started them out sitting on tops of flowerpots, or the shelf itself can be lowered. The point is to think about this before you begin.

The best temperature range for germination is between 70 and 75° F. Covering the plants with a thin sheet of plastic at night, when the temperature is lower, will protect them. As long as the lights are on; the temperature close to the fixture will be about 10 degrees higher than room temperature.

Water regularly

From the start, the most important thing is seeing to it that there is always a skim of water in the tray so that the soil never dries out. Having no outside covering, the pellets evaporate moisture rapidly, so you'll have to tend to this regularly.

Before a week is out, a lot of seeds will be popping. As soon as most of the seedlings have emerged, increase the day length on your timer to 14 hours—two more than before—and raise the lights or lower the tray a couple of inches.

You must also now begin to fertilize your plants. Fertilizers for indoor gardens are sold in small packages or bottles at variety stores as well as plant supply shops. The three numbers on the label state the percentages of nitrate, phosphate and potash, always in that order. Look for one with a first number higher than the others—in other words, high in nitrate—such as 10-5-5 or 30-10-10. Fish emulsion fertilizer runs 5-1-1 and is an excellent choice for vegetable growing.

On the labels you will also find the recommendation for dilution. It usually takes the form of one or more teaspoonfuls of the fertilizer to a gallon of water. Reduce the amount of fertilizer in relation to the amount of water to one-fourth what the label specifies. If the directions are for 2 tsp. of fertilizer to a gallon, make your mixture ½ tsp. to the gallon. It is a good idea to make up a gallon at a time, using a well-washed glass or plastic bottle.

As the seedlings grow taller, always keep the plant tops 3 to 4 inches under the tubes.

Plants such as beans and petunias are natural stragglers, spreading themselves over other plants and cutting off part of their light. Early in their growth you should nip off the growing tips so that they will branch more. Later on, if branches get long you may have to cut them back. The same tip-nipping can also be employed on dwarf bedding varieties of the flowering plants. But don't try it with long-stemmed varieties or with tomatoes and broccoli. If the lettuce spreads too much you can cut some of the outside leaves in half. Peppers should be trimmed cautiously.

Some of the plants will grow taller than others. You can allow them to nearly touch the tubes or grow up between them because it is not advisable to lower the shorter-growing plants farther from the lights. Some plants do not suffer from the warmth of the tubes. Those that do will have shriveled leaves, and in that event nip off the excess growth or lower the tray, but as little as possible. Sometimes the plants grow very fast and are ready for transplanting outdoors before the weather is sufficiently warm. You can slow them down by shortening the light day to 10 hours, trimming, and giving only as much water as is absolutely necessary to prevent wilt.

In the north-central states at low altitudes the danger of frost is usually past by Memorial Day, the end of May. In the upper northeastern states it can be one to two weeks later; southern states, earlier.

By May 31st your tray is completely covered with greenery, and some petunias and marigolds may already be in bloom. The tomatoes are at least six inches high and the peppers may show flowers that will not set fruit immediately. Roots are jammed into the soil of the pellets and pots and escaping into every open space between them.

Before transplanting into the soil of the garden the plants must undergo a hardening-off period. The time for this is when all danger of frost is past and a few days of mild sunny weather are predicted. At that time carry your tray o side and place it in a location wher will be protected from heavy winds the worst of a rainstorm while hav full sun for only part of the day. A we exposure is sufficient. If the plants l limp after the first nights outside, b them in for a couple of nights.

Keep the pellets moist at all tir Evaporation takes place more qui outdoors, so you will have to check tray daily in dry weather. Plants sh spend at least two nights in the open fore transplanting.

To transplant, just trowel holes in properly prepared garden soil, and the pellets into them up to a little n than their own depth. Firm the around them and water well. It is to cut the webbing of the peat pe with scissors in a couple of places be planting. The only special treatmer reserved for tomatoes. Plant each u the first pair of leaves in a depressio that the soil can be packed up late support the top-heavy stem. When ta you will probably have to stake ther

Just a few cents

Costs for all this varies. For insta mail order firms sell the two-tube rescent fixture with stand at about and without at $35. Discount elect supply stores in large cities price the low as $30 and $15 respectively. W ever the cost, remember that the fi can be used for other plant projec well. We have fixtures that have bee constant use for over 15 years, so fixture may actually cost only a d or two a year and the amount alloc to the total head-start program sh amount to no more than a few cents

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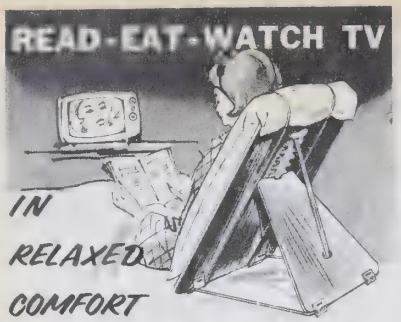
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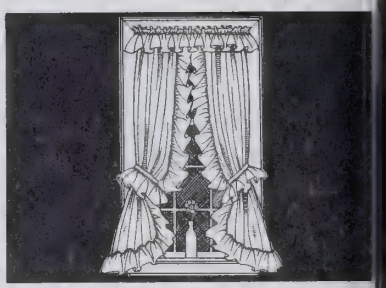


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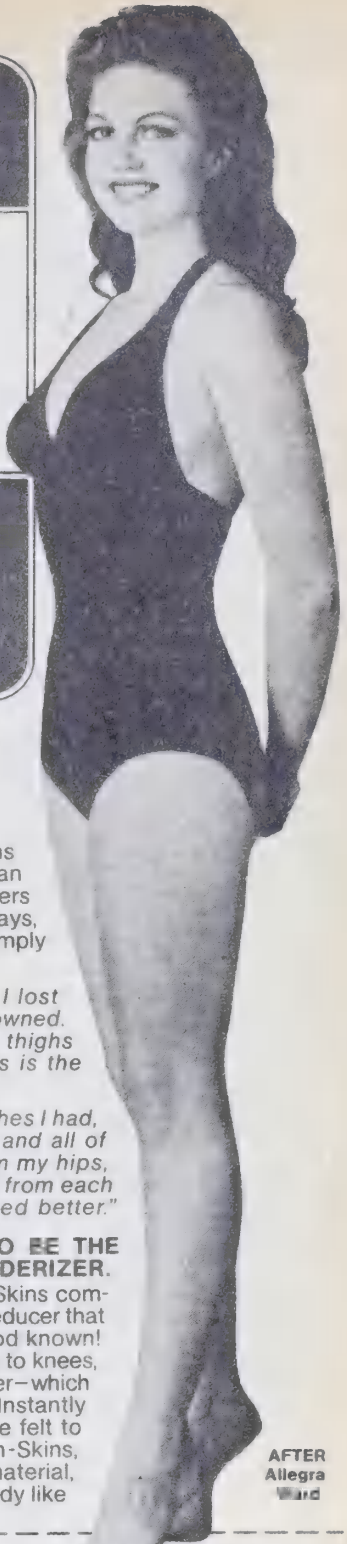
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Stella & the Shaggy Dog

continued from page 38

a person simply because he took a drink occasionally or bet on a horse. That just doesn't make sense."

"Oh, for God's sake," my father said, "it didn't make sense right from the beginning, we knew that."

It was funny, Stella said. The others Brewster didn't like were pretty much the same—sneaky and mean and underhanded. Anything Calvin did was right out in the open. True my mother said.

"So if the dog doesn't like him," Stella said, "it's got to be for some other reason and that's what bothers me. I don't mean it actually bothers me, after all—"

It did bother her though, I could tell.

We'd planned a cookout for the following Saturday. The best feature of the house was the backyard. Calvin said he'd bring the food and my mother said he'd do no such thing. And Calvin said a man in the cookout business owed him a favor and there was no sense in wasting money at the market if you didn't have to and that kind of talk made a lot of sense in my family.

To me a cookout meant hamburgers and baked beans. I helped carry in the stuff from Calvin's car and right off I could see this would be different. A big basket of mushrooms, loaves of rye and Italian bread still warm, black grapes, porterhouse steaks big as a breadboard. My God, there hadn't been that kind of food around our place before. Ever.

It was a sultry afternoon with a storm approaching. It was a strange scene in our overgrown backyard—the sky darkening with piled-up clouds, the flames spurting up with dripping fat, lighting up the underside of the spruce branches, the air heavy with searing beef, the dog whining from inside the house, thunder in the west. And all of us sitting around the table tearing off chunks of bread, cutting steak, pouring cider, pouring wine, passing the mushrooms. It didn't seem like Ohio somehow.

We had finished eating and gotten everything carried into the house when the storm broke. We sat around the living room while my mother made coffee. Brewster for once didn't pay any special attention to Calvin. It may have been that he was confused because everybody in the house smelled like steak.

"Well, poor Brewster," my mother said, "everybody else has had a feast and he hasn't had a thing. Well, you're going to have a real treat." She paused and then with elaborate casualness she added, "Calvin, if you're not busy, would you mind giving Brewster this pan of steak bones?" She set a tray of scraps on the table.

My father frowned and then his face cleared. "Yes, Calvin, if you're not doing anything special."

Nobody in the whole room was doing anything special except watching Calvin. He took a cigar from his pocket and unwrapped it. "Let's see if I've got this straight—you think if I give those bones to the dog it might make things different." He took a kitchen match from his pocket and struck it on his shoe. "I might explain that I have a sister who has half a dozen cats and I stop in to see her every day." He puffed on the cigar to light it. "Fact is, I don't have a sister and if I did I wouldn't stop in every day to see her and her damned cats. I don't know why the dog doesn't like me, but I figure that's his problem and not mine." He turned to Stella. "However if you would like me to hand him this pan of bones . . ."

"No," she said, "it wouldn't mean anything that I can see." She grinned. "If you've got any faults I don't know about let's leave it that way."

"Well, now," my father said loudly, "I think the rain's letting up so why don't I get us some ice cream?"

As he started across the room, the dog ran to the door quivering.

"Must you jangle those keys?" my mother asked. My father turned, baffled. "I know it's a trifling thing," she said, "but every time you go out to the car you jangle those keys."

Murphy jumped up. "You know something, you do jangle them; I've noticed it myself." He went over and took the keys. "Let's wait and see if the rain doesn't ease up," and he led my father across the room. After a moment the dog went back and lay down.

"Well, now," Murphy said, "I do believe the rain is stopping." If anything it was raining harder than ever. "Let's go down and get the ice cream," and the two walked to the door, Murphy with the keys firmly in his hand, my ther looking as if the world had g mad. The dog didn't move. Mur held out the key ring and gave it a sh Brewster scrambled up and lurche the door. He stood there, his stum a tail wagging eagerly, hoping that jingle of keys meant what it always meant—that he was going for a ride.

Murphy looked enormously ple with himself, a look, I presume, he inherited from my father. "Well," said, "if there's nothing more I car for you—"

"Yes, there is," Stella said, "will l of you go back to your chairs, ple My father and my brother shrugged went back across the room. After a ute of waiting, Brewster gave a sig inexpressible patience and went and lay down.

Stella went over and stood by door. "Well," she said, "there's B-U-G again." Immediately Brew was at the door—a dim-sighted, witted dog who figured things out best he could with what he heard.

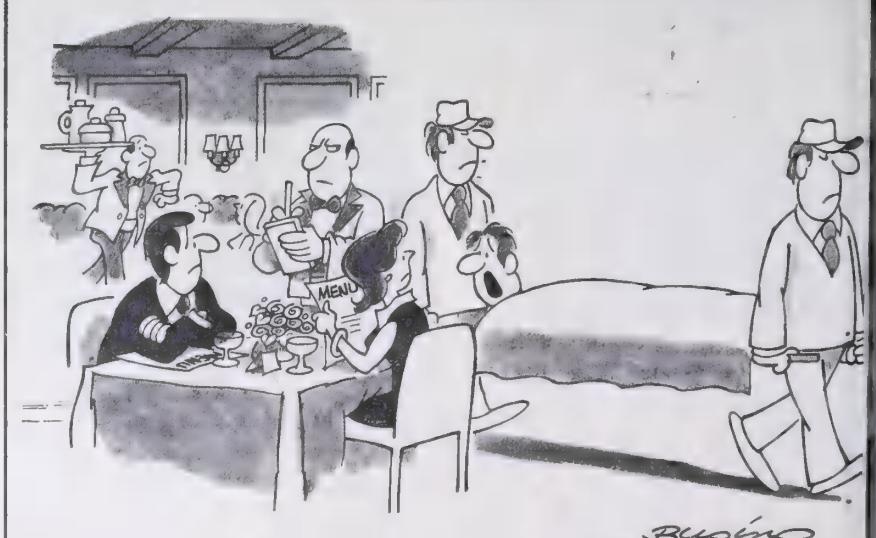
"You see?" my father said, "what I tell you? I said right from the first the dog couldn't spell."

My mother was outraged. "The idea," she said, "you were the one insisted he was practically human."

My father was a hard man to be an argument. "Well," he said, "he's approximately half the time. How c anything be any more human than th

He picked up a steak bone and it down in front of Brewster's nose. dog bit him.

And that is how Stella married vin, and they turned out to be a pe couple. For a pet they had a small who loved everybody, including burglar who came in to steal son their wedding presents. And who r responded to his name, which was stein. So much for animal instinct.



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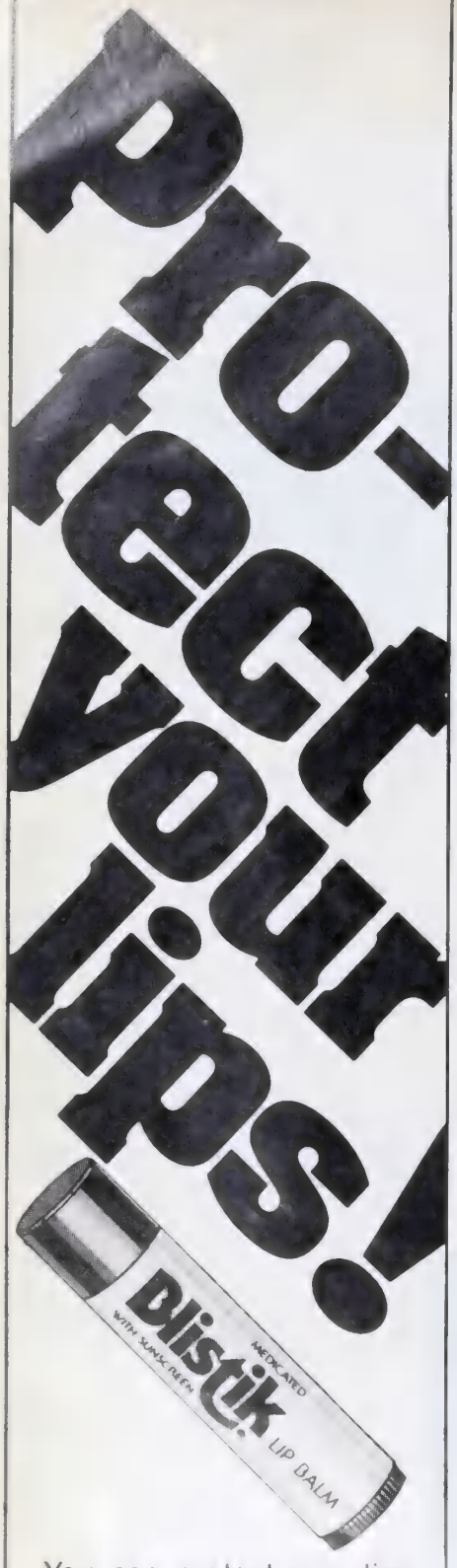
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Dear Journal...

Kate's her own angel

I have always enjoyed Kate Jackson's escapades on TV, but the article on her (February 1978) startled me. Children are a career, and if Ms. Jackson intends to have children who will be raised by a housekeeper, why have them at all?—*Adelaide Schwarz, Monterey Park, Ca.*

How to be strong and female

"Getting Tough, Staying Tender" (February 1978) is one of the most sensible—yet tender—things I've ever read. *Very* helpful, too. Reminds me of something I've tried to live by ever since Ingrid Bergman said it. Asked how she stayed so calm and serene, Miss Bergman replied, "I am blessed with good digestion and a very poor memory."—*Mrs. J. Chally, Morris, Ill.*

I read with great interest Phyllis Theroux's article, "Getting Tough, Staying Tender." I am 20 years old. My mother did an extraordinary job of raising my sister and me in a world that was not, and still is not, quite ready for divorced women trying to bring up children alone. I thank her for the strength she gave me and feel that I have incorporated that strength into my own character. I find that dealing with friends and associates, male or female, demands not that I be strictly tough or strictly feminine. I do not *try* to be either. I simply try to be me.—*Maureen Rice, Pawnee, Ill.*

I (and there must be other women like me) am sick to death of articles pertaining to Women's Liberation. If a woman *wants* to be a corporate executive (having elbowed men out of the way to get there), okay, but must you push it like you do? Don't things like homes and families matter any more?—*Jeanne Koch, Vancouver, B.C.*

The case for housewives

Bravo to Erma Bombeck for "Do You Work—Or Are You Justa Housewife" (February 1978). After working virtually forever outside our home, there seemed no end in sight. Finally, I'm Justa Housewife. My family no longer has to ask, "Where are the *clean* towels?", or ask for an appointment to have a button sewn.—*Catherine Johnson, Terrace Heights, Wa.*

The ex hex

Ann Brinkley's article, "Ex Marks the Spot" (February 1978), was the first honest writing regarding the life of a divorced woman that I have ever read. Ann's experiences are not that different from what I've been through—rejection by family and friends, embarrassments, hurts, vulnerability. I guess they're common for most women going through a divorce from any man, famous or not.—*(Name withheld), Warrensville, Ohio*

Bellisimo

Your Italian-style dinner in the January 1978 magazine has prompted my first fan letter ever! My bridge group decided to try it, and never have we had a more enjoyable evening!—*Lois Shoemaker, Norcross, Ga.*

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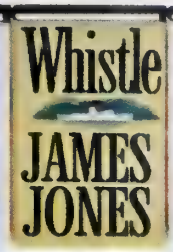
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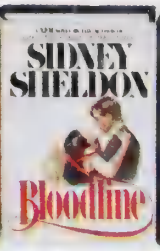
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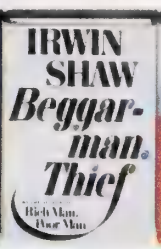
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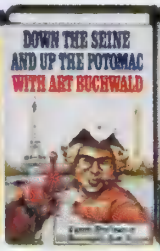
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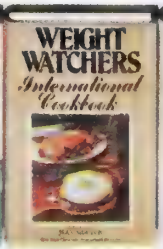
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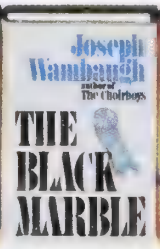
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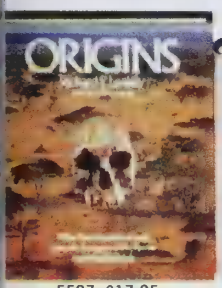
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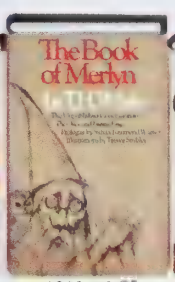
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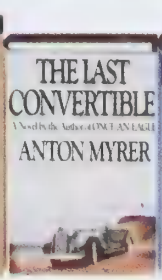
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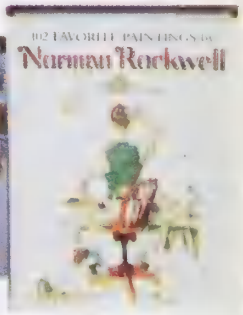


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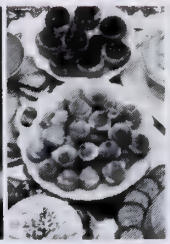
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Editor's Diary

Lenore Hershey

OF MOTHERS AND OTHERS



Senator Humphrey and me: The silver in my hair reminded him of Muriel.

Guess what? It's May and I've just realized that this issue includes no formal recognition of Mother's Day, May 14. This, despite the fact that I have been named 1978 Mother of the Year by Talbot Perkins Children's Services in New York, which does such great work placing children in adoptive and foster homes—and in arranging for family day care. My productivity of only one child (our daughter Jane, now 25) would have precluded such an award in the old days, as would my record of always having been a working mother. But mothering is different today, allowing for many patterns and dimensions. So here's to all mothers—young and older, with one or a dozen offspring, foster mothers and adoptive mothers, stay-at-homes and go-to-the-office types.

I remember posing with Hubert Humphrey in 1975 for the photo above (see Lynda Robb's story on page 107) and his saying, "I like your silver hair—it reminds me of Muriel." Now Muriel Humphrey's a Senator as well as a famous mother. Also, Lynda Robb's expecting her third child—to her mother Lady Bird Johnson's delight. The point: mothering's as important a career as ever, filled with rewards as well as responsibilities. So here's a warm tribute to mothers everywhere—long may they wave their banners of love!



Former First Daughters. Susan Ford (left) reports on Jaws II (see page 76) . . . and Lynda Robb writes about her beloved "Uncle" Hubert.


Ve've got
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table stretch straps and
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our A, B and C. From $7.50
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a fit!
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That's why MoistureWear Makeup is all you wear. It's makeup so dewy you need no moisturizer underneath.

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The MoistureWear Treatment Collection:
Nighttime Moisturizer, Moisturizing Under Eye Cover Stick, and Moisturizing Wrinkle Stick.



What's Happening

Gene Shalit

What do superstars Beverly Sills (right) and Woody Allen have in common? A certain music madness, that's what, as expressed in these interviews with Gene Shalit.



America may be the most music-mad nation on earth—jazz, rock, pop, country, western, disco, opera, folk, bluegrass, symphonies, choruses, singing in the shower—it's an explosion of note. So, for this month's theme, how about a recital of views by a star not ordinarily associated with music—Woody Allen—and one super popular singer who gives everyone a trill, Beverly Sills?

BEVERLY SILLS

There is no better known soprano to Americans than Miss Sills. She is indefatigable. She raises her voice to raise money for the arts for us all. She sings in cities and small towns all over America. She presides over concerts for children. She conducts interviews on television. She seems ever buoyant and filled with good spirits. I asked her about the government's lack of significant financial support for the arts—and why in America the public has to continually be begged to support the arts that nourish it.

"What kind of legacy do we want to leave behind to our children? What kind of life do we want to have for ourselves? Do we want to be remembered as the civilization that had the most perfect means of self-destruction? If we do, we're well on the way to that right now. Would it not be better to leave a more beautiful legacy behind us? I think it's time to talk a little bit about our souls and not so much about our material needs. The soul needs some beauty, and where does beauty come from? Beautiful things hanging on walls, and the sounds coming out of symphony orchestras and human voices are all part of it. I think it's embarrassing to have to beg for money to improve the quality of our own lives. If we're so content with all the ugliness around us, then *don't* support your symphonies, *don't* support your museums, *don't* give anything. But if you have the slightest bit of discontent and the need for more beauty in your life, then the simple fact is that we have to pay a little bit more for it. I don't see that there's any argument, or that one has to *prove* to anybody that there is a need to support these cultural institutions that so enrich our lives. They have to exist or *we* stop existing. We have a choice: when we have wars we are told by the government that we are going to finance these wars and God knows we have financed a great many wars in our time. Why then do we have to plead to support some *beauty* in our lives? Why do we have to *plead* to make your life a little bit more beautiful when we never whimper when we have to pay for destruction? Yet, in order to raise money for the arts, one has to give a very good speech or give many reasons. What *better* reason than to make your life a little bit more beautiful?"

WOODY ALLEN

Each Monday night in Manhattan, Woody, in beat-up pants, a plaid wool shirt, scruffy shoes, horn-rimmed glasses and a distracted look, sits in with a little Dixieland band at a small restaurant. The tables are jammed right up to the tiny bandstand, and Woody sits staring at the floor, his knees crossed, the end of the clarinet pointing down, ripping out a riotous good-time sound. The attendance stares at Woody, trying to catch his eye, but he eludes them. I asked him about his music.

"I'm a great fan of New Orleans-style music. I am, you know, one of the world's *worst* New Orleans-style clarinet players. I've played with the band at Michael's Pub for the past six years every Monday night. I do my best [*he laughs*] but it's quite terrible."

Do you practice a lot?

"When I can. If I don't, my lip gets flabby and it sounds even worse than it does when I sound *good*, which is terrible."

Lessons?

"No, I used to put on records of Sidney Bechet and Louis Armstrong and Jelly Roll Morton and I played in with them. Consequently I can only play that kind of stuff. I can't play the Mozart clarinet concerto, but I can *listen* to it. I'm a *wonderful* listener. Nothing that I've done has improved my playing. I'm always getting my clarinet overhauled, polished up and cleaned in the hope that it will make me *sound* better, but it doesn't."

How do you manage not to look at anybody in the audience?

"I don't make eye contact. I don't want to intrude on anyone's territory [*feigned ingenuousness*] *(continued)*

No other low tar equals Tareyton lights' taste because no other low tar has Tareyton's charcoal action



We've been saving S&H Green Stamps for years, and they've given us a lot of fun. We got Billy's bike with green Stamps... it was his big present last Christmas. And outing stuff... that cooler bag was only 1 book, the city canteen, 1½ books. I always shop where they give S&H Green Stamps. They really add up fast. With hundreds of gifts to choose from, saving stamps is smart and fun for the whole family."

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What's Happening

Gene Shalit

What do superstars Beverly Sills (right) and Woody Allen have in common? A certain music madness, that's what, as expressed in these interviews with Gene Shalit.



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hat's

[illegible] are the buttons you use to select [illegible] one of the ten variable power levels [illegible] for your different cooking needs.

Timer. This button controls an independent 30-minute kitchen timer which may be used anytim[illegible] even during the microwave cooking cycle.

CLOCK

Clock. This button sets the LED digital clock which also shows you the time of day, the cooking time or the temperature your meal is programmed for.

[illegible] cooking cycle. Press it and [illegible] food at whatever microwave power level [illegible] you want, from 10% to 100%.

COOK 2

Cook 2. This is a second cooking cycle for use when food requires one level of microwave power to start with, and a second level of power the rest of the time. The 7500 automatically switches from Cook 1 to Cook 2.

DONE TIME

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Can This Marriage Be Saved?

Dorothy Cameron Disney

When a husband hates the way his wife looks, can he love—or even like—her? Marian had two choices: lose weight or lose her marriage.

This series is based on information from the files of the American Institute of Family Relations of Los Angeles, a nonprofit educational counseling and research organization with a staff of 70 counselors. It is the oldest and largest counseling center in the world. The true stories reported here are drawn from counselors' reports of interviews. Names, geographical locations and other minor details have been altered to conceal identities. The counselor in this month's case was Dena Whitebook.

Paul Popenoe, Sc.D.
Founder and Chairman of the Board
American Institute of
Family Relations

MARIAN'S TURN

"I went by the desk where Seth was scribbling on the scratch pad, and he covered the paper with his hand," said 31-year-old Marian, referring to a painful evening a few weeks earlier. Thirteen years married, Marian, a large woman, wore an ankle-length, long-sleeved cotton dress that swallowed her overflowing curves, revealing only a round, anxious face and tearful, blue eyes.

"As usual," Marian continued, "I was hurt by Seth's secretiveness. I assumed that he was writing some kind of trivial message to his mother, who lives in the next town. My mother-in-law is a widow with four sons, but Seth is the only one she depends upon.

"Ten minutes later when I brought in Seth's good, hot supper, he was still scribbling away. When I set his heavily loaded tray on the coffee table—I was trying out a new diet and had served myself a lot less—I knocked a spoon on the floor. Seth frowned at my awkwardness and laid down his pen.

"Then, to my surprise, he crumpled the sheet of paper and threw it in the wastebasket. Naturally, I was curious, but I didn't have the nerve to ask him what he had been writing. Seth hates to be questioned about anything, particularly about anything that's personal. He seems restless and dissatisfied, but volunteers no information about his feelings. We finished the meal in silence. He left a half-empty plate; I polished off the last crumb of my meager portion.

"I went to bed, leaving Seth in the living room staring gloomily into space. I knew he was unhappy, but I did not know why. It seemed to me that Seth and I have far more reason to be content than the average couple. We have three bright, healthy children. We own a fine new home in a good neighborhood and, except for the mortgage, we're virtually debt-free. Seth has a secure job, although he isn't enthusiastic about it, with the auditing department of a large insurance company. He also has a part-time job with a contractor to supplement our income.

"As I tossed and turned that night, it struck me that sheer physical exhaustion might be the reason for Seth's increasing unhappiness. He seemed to be chronically weary—our dwindling sexual relationship was evidence of that. What's more, he never had time for companionship or affection, and I missed that.

"Suddenly, I decided to relieve Seth's burden. If I returned to my old job as a stenographer, Seth wouldn't have to hold two jobs. All three children were in school; there was no longer a reason for me to stay at home.

"When Seth finally came to bed, I was so eager to announce my idea that I almost yelled it out. I restrained myself, however, and gently moved close to him instead, resting my hand on his cheek.

"Seth jerked away, as if he had been stung by an insect, turned his back and began to snore. He was not asleep; he was faking. The rejection was plain, and it broke my heart. I burst into tears. He snored louder.

"Sick with humiliation, I crawled out of bed. Before I realized it, I was at the refrigerator. Guided by memories of childhood, I wanted food to relieve my pain.

"When I was a little girl, my mother always comforted me, as she comforted everybody in the family, with kisses and with food. As a result, all of us —my sisters, my brother, my parents—were oversized. The neighbors used to laugh at us, but we were too closely knit to care—or so we told ourselves. Instead of having friends, we depended on one another for companionship. Seth is the only boyfriend I ever had.

"I took milk from the refrigerator, poured myself a glass and drank it. I felt a little better, so I drank a second glass. When I had finished the quart, I stopped crying. By then I was fairly calm, although I felt guilty about breaking my diet. For some reason, I picked up the note that Seth had thrown away. It was neither a letter to his mother nor to anybody else. He had composed a poem to Sylvia, a secretary at his firm.

"I met Sylvia at a Christmas party. A good ten years older than me and not especially attractive, she did have one point in her favor—she is extremely thin. In his poem, Seth described her as 'lithe,' 'graceful,' 'a willow beside a lake.' No one had ever applied such phrases to me. No one could.

"On the wall in the living room is a mirror that I usually hurry by. I ran to it and forced myself to study my reflection. I was appalled. I considered myself overweight but as the mirror showed, I was grossly fat. Following the birth of my children, *(continued)*

GILLETTE COMPANY, 1978

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The look and feel, natural.
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Can This Marriage Be Saved?

continued

I gained eighty pounds; and although I started countless diets, I never stuck to a single one and never lost an ounce. No wonder Seth turned to another woman. I was disgusting.

"I went to the bedroom and switched on the lights. This time Seth didn't pretend to be asleep; he sat up at once. His face turned red when I held out the scribbled sheet of paper. Then I asked if he was in love with Sylvia.

"He said that my accusation was ridiculous: Sylvia was happily married, had two grown children and the poem to her was written as a joke. Furthermore, he thought that I was a good wife, and my looks did not disgust him.

"The next evening Seth didn't come home. He called and said that we needed a temporary vacation from one another. When finally he came home—two nights later—he admitted that he was unhappy, but wouldn't explain why.

"The next weekend he took another temporary vacation, then a third. Last week he told me his life was intolerable, and although I was not to blame myself for his problems, he thought we ought to live apart. I'm almost certain he intends to ask for a divorce.

"I will do anything to keep Seth as a husband—lose weight, work full-time, work part-time, save more money, anything. But I must know what he wants from me. Seth is the only man I have ever loved or can love."

SETH'S TURN

"I don't know how to tell Marian all the reasons—or even one reason—why our marriage is a bust," said 35-year-old Seth, a tall, muscular man with thick, blond hair. "I've never been able to talk to her about anything important. If we disagree in the slightest, or if I sound critical, she starts to cry, and we wind up in an argument. She wins and I lose. Or else I walk out with nothing settled. I can't stand to see Marian cry. I've always been that way.

"Marian's weight is something we can't talk about, although it's a problem to us both. I'd like to be proud of her but, believe me, it's no fun to take out a wife who's as big as a house. When Marian dresses up, invariably she wears one of those shapeless dresses that seems to double her size instead of hiding it. She used to ask my opinion of a new outfit, and I was fool enough to be honest. I soon found out that she couldn't tolerate the truth and didn't want to hear it. Keeping my mouth shut or telling a lie is the only way to keep the peace with her—I learned that lesson long ago.

"As you can imagine, Marian's excess poundage has been hard on our sexual relationship. But how can I tell her a thing like that? She would be insulted, crushed. Actually, there is no need for me to be brutally frank. She already knows our score in bed. Even though she won't or can't admit the obvious, I feel certain she knows exactly why I've lost interest in having sex with her.

"Marian ought to shuck eighty pounds for the sake of her health and her vanity. She is ashamed to appear in public. We seldom go anywhere. The last time I took her out to dinner was on her birthday, and what a disaster that was! As we left the car in the restaurant parking lot, Marian was chattering happily, asking me to help her pick a birthday meal from the latest diet list. When we started up the steps to the restaurant, a party of young people started down. Marian scrambled aside to make ample room for them and tripped over her trailing skirts. Grabbing her arm, I managed to break her fall but I couldn't save myself. She landed smack on top of me.

"The young people roared with laughter. You could hardly blame them. Tangled together like a couple of wrestlers, we must have looked ridiculous. Neither of us was hurt, but tears were rushing down Marian's face.

"I felt extremely sorry for her. I asked if she would like to skip the restaurant, order a carry-out Chinese dinner—usually a great favorite with her—and celebrate her birthday at home. But for some mysterious reason, she was furious at my suggestion. She marched into the restaurant, rumpled dress and all, ordered two bowls of potato soup, a roast pork entrée and a double ice cream sundae. Neither of us mentioned the diet.

"Never in this world could I explain to Marian my feelings about Sylvia. Sylvia is a woman I can talk to—provided I stick to the subject of business. She enjoys working for our firm; I don't.

"Indeed, I hate my full-time job, every aspect of it—my nit-picking supervisor, the endless paper work, the red tape, the artificial lights, the whole I enjoy outdoor work, where I can my muscles and breathe fresh air.

"For months Sylvia listened patie to my beefing and didn't put me do Instead she made sensible suggesti on how to get into the construction fi my lifetime ambition. It wasn't soft s and she cheered me up.

"I admit that for a while I had fa sies about Sylvia. She's my ideal of w a woman should be. It's a pity that M ian isn't more like her. But if I drop the smallest hint to that effect, Ma would be sure to break into tears keep on crying until I'd want to die

"Female tears are no new experi for me. Mom kept me in line for y with a combination of tears, hyste and emotional fireworks of every vari I well remember how she enrolled m an academic high school when I beg for vocational training. I joined the a to get away from Mom and her pla met Marian my first week in the serv

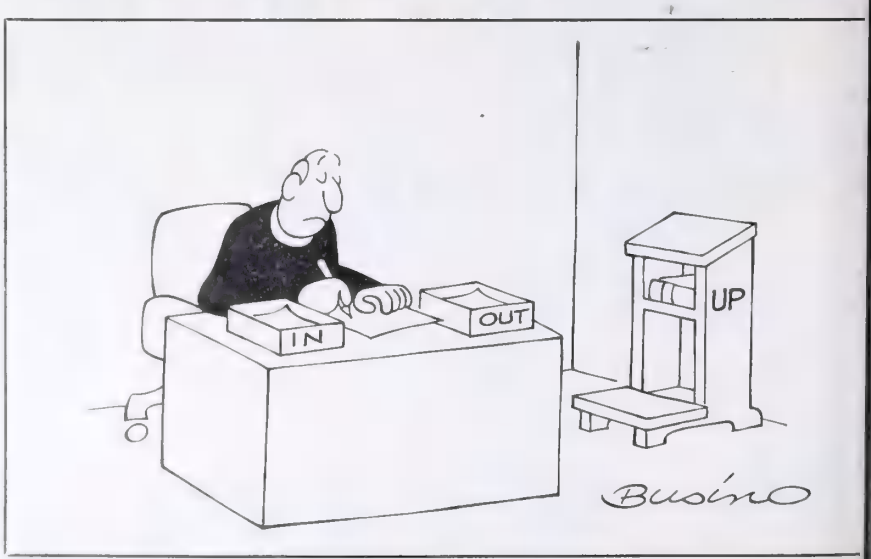
"Marian was only sixteen and e impressed by my uniform. She w overly fat then and her shyness appe to me. We had two dates, then I lef basic training, where I was surpri but pleased, to find a letter from waiting for me. We became acquai through correspondence. While I w Vietnam, she wrote me every single

"My outfit was sent to Hawaii f week of rest, and Marian, who had g uated from high school and was hol a job by then, flew all the way to H lulu at her own expense. We spe wonderful week together, bought a and considered ourselves engaged soon as I got my discharge, we marri before Mom could interfere. I was twenty years old; Marian was eigh

"For six months everything was r I went to a trade school while M worked to support us. Then she bec pregnant, and I had to make money

"I landed a job with the insur company and I've been there ever s

(continued on page



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Spending Your Money

Sylvia Porter

What rights does a divorced woman have in her ex-husband's pension plan? How used car shoppers can tell the difference between a "creampuff" and a well-squeezed "lemon." Plus many other answers to reader questions.

We want to give our only son and his bride the down payment on a home as a wedding gift. He insists on paying us back, though, and wants to give us notes to prove it. How do we handle this without paying unnecessary tax?
Have your son give you a series of carefully timed notes for $3,000 each. As each note comes due, "forgive" it. Then you'll be entitled to an annual gift tax exclusion of $3,000 for each note.

Isn't it true that the difference between the earnings of graduates of high school and college has all but disappeared? I'm trying to convince my parents that I don't want to go to college. I want to become a cosmetologist, and I don't need college for that. I'm 16 and will graduate from high school in June.
The economic advantage that college graduates have had over their non-college counterparts has narrowed, but attending college still pays off substantially in employment and income potential. With a college degree, you're also much less vulnerable to unemployment than any other group of workers—in fact, three times less likely to lose a job than workers age 16 to 24 years, as a whole. The explanation is that the college-educated American usually holds a job in occupations which, in a business slump, may grow more slowly but don't ordinarily slash their level of employment even then. The same favorable aspects apply to current incomes and prospects for incomes over the next 10-20 years. If you do decide to become a cosmetologist, however, your job prospects are above average. Try to get an apprenticeship where you'll learn on the job with the guidance of a person experienced in your chosen craft. To qualify, you must be at least 16, have completed the tenth grade, and you usually must have completed a state-approved cosmetology course.

I'm getting a divorce. Will I have any rights in my husband's pension plan when he is my "ex"? This is the biggest asset he has.
Specialists in divorce law tell me the situation in this area is "very iffy," and that your rights may depend on whether yours is a community property state and on details of your husband's pension plan. In non-community states, for instance, the situation varies wildly from state to state. You must get a divorce lawyer who is familiar with state court decisions specifically affecting you—a lawyer who can demonstrate that he knows how vital your rights could turn out to be to you. In many instances, the divorced wife may end up with next to nothing out of her husband's assets, if she is not entitled to alimony, has a job or can get one, and if she receives no interest in her husband's pension plan after the divorce. Investigate this aspect with utmost care.

With prices of houses out of sight, how many families still can afford to own homes?
Almost two-thirds of our nation's housing is owner-occupied (62.9 percent). The U.S. has a total of 63,500,000 housing units, and our proportion of homeowners is the highest in the entire world. (The highest percentages of owner-occupancy are in Indiana and Iowa, although California and New York have the most dwelling units.)

Before my husband and I were married early this year, he apparently got into trouble on a loan he had taken out from a bank. I think he defaulted. I've always had a good credit rating, I was single for a long time and I promptly repaid lots of installment and personal loans during those single years. When I recently applied for a loan at a local bank, I was turned down—and the implied explanation was my husband's bad credit rating! Can the bank do this to me?
NO! Under the Federal Equal Credit Opportunity Act of 1975, your bank *cannot* refuse you, a married woman, credit because of the credit rating of your spouse—unless your application is for a joint account. Since you are applying for a loan in your own name, it's *your* credit background that counts, not his. Your bank is acting illegally. Show the bank officer this answer and demand your rights.

My father is close to his 65th birthday, at which time he must retire from his job. He and my mother want to sell their home and move to Florida, and I think I have found a customer for them. I know there are many tax breaks for the older taxpayer who sells a home. But I want to be certain that neither my father nor I make any costly mistakes on this sale.
You're right about the tax breaks. As a taxpayer 65 or over, your father pays no tax on the sale of his home if his "adjusted" sale price is at or below a certain amount —a big special tax break indeed. (The adjusted sale price is his selling price reduced by selling expenses, such as broker's commission.) You can get precise details from the real estate broker. His timing is vital, though. He *MUST* *(continued on page 152)*

I need me.



I count myself lucky to have a job that I love! It's exciting to be independent. To help me stay independent I have my own piece of the Rock—Prudential Insurance. For a single girl, it's terrific! It makes me put money aside on a regular basis. As time goes on, I can use its cash value if I need to. When I retire, it can provide a big hunk of cash or a nice monthly income—for life. Look, even if I do get married someday, right now the only person planning my future is me. I need me.

The more you're needed,
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"I have found your new cigarette, MERIT, to be far superior to the rest."

—Mrs. Alice DiCastro
Canton, Massachusetts

"Your MERIT Menthols are great; taste just like my old brand but with half of the tar and nicotine."

—Miss Pat Southern
Keene, New Hampshire

"Thank you for giving m a low tar cigarette that I c enjoy."

—Miss Cherylee
Phoenix, Arizona

"Leave it to the experts! They have done it again."

—Mr. Robert M. Hornsby
Topeka, Kansas

"Just a note to say thank you for making Merit 100's. They are great."

—Mrs. Betty Taylor
Montgomery, Alabama

"Just wanted to drop a l and say congratulations fo Merit 100's. They are grea

—Mr. Fred W. G
Floral Park, New Y

"I could never find an acceptable low tar alternative until Merit 100's. You have developed an acceptable substitute for smokers."

—Mr. Ben Cobell
Northport, Alabama

"I enjoy your new cigarette, MERIT regular. They are one of the best tasting cigarettes I've ever had."

—Mr. R. Panarese
Portsmouth, New Hampshire

"We all switched because we like the taste and the lo tar and nicotine MERIT ha

—Miss Valery
Genesee, Penns

"I want to thank you all for your super work in producing this A+ cigarette."

—Miss Jo Arlene Retford
York, Pennsylvania

"MERIT truly h Flavor.' Than product t adver

—Mrs. Ea
Hamil

"Congratulations on coming out with a low tar, low nicotine cigarette that tastes like tobacco instead of lettuce."

—Mrs. Glen C. Skaggs
San Antonio, Texas

"Merit 100's st a cigarette, in tar."

"I don't usually w to companies ab products, but definitely des your new cig MENTHOL

"Your 'Enri process is the Thank you!"

"MERIT ab more taste wi ordinarily ric

"At last a lo that really tas

"Well, a pack of Merit cigarettes caught my eye. It was the yellow and brown stripes. I broke down and bought a pack. I tell you that they are fantastic!" "...if you can change me, you can change anyone."

—Mrs. Bonnie Lindsay
Bridgeport, Connecticut

"Merit converted nic confirmed high smoker to a low tar

—M
New York



Kings: 8 mg "tar," 0.6 mg nicotine av. per cigarette, FTC Report Aug.'77
100's: 11 mg "tar," 0.6 mg nicotine av. per cigarette by FTC Method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

© Philip Morris Inc. 1978



"You've really got something re—and I'm switching to ERIT Menthols."

—Miss Nancy Narel
Cary, Illinois

"I want to thank you, ank you, Thank You! Mer· garettes taste stronge· an other low tar they're gre·

"MERIT is the most flavorful and satisfyi· them all."

"I have tried more kinds of cigarettes than you can think f, and MERIT is the first e which I can get enriched avor with less tar."

—Miss Mary Benefiel
Terre Haute, Indiana

"I love them—have smoked nothing since."

—Mrs. Virginia B. Esberg
Meriden, Connecticut

"I have to admit I was skeptical because I had tried several low tar cigarettes. After smoking one pack, I was really amazed...they are as good as the cigarettes with higher tar."

—Mrs. Brenda Clark
Opelika, Alabama

as 'Enriched a o its

y E. Cristiano ns, New York

you y es. o ne at rch in hat's them."

Rose Palmieri New York

better her tar and tes I used to

—Ms. Nancy K. Harrison
Cambridge, Massachusetts

"I not only switched to Merit, I talked my brother and husband into switching also."

—Mrs. M. Thompson
Olympia, Washington

Good luck."

—Mrs. H. S. Cohen
Mobile, Alabama

ther I'm a lousy judge you have a good product. I tend to favor the latter."

—Mr. Louis J. Orlando
West Chester, Pennsylvania

"I have tried a lot of different brands, but I find 'MERIT' the best brand that I have ever had."

—Mr. Thomas C. Monak
Lakeside, Ohio

ll taste like en though low

—Mrs. Estelle Myhlhousen
Marietta, Georgia

"I have tried almost every brand, but none of them satisfied me as much as MERIT."

—Miss Jane Howard
Superior, Wisconsin

"For a low tar and nicotine brand it has the most marvelous taste of any brand."

—Miss Hazel Maisano
Detroit, Michigan

"I would just like to say at I think your Merit 100's e the greatest. Thanks for a eat cigarette."

—Miss Karen Matthews
Columbus, Ohio

"If I wasn't so excited about your new cigarette, I would have never written this letter."

—Mr. Leon Granata
Fitchburg, Massachusetts

"I have tried other low tar and nicotine cigarettes but nothing compares to MERIT."

—Miss Beverly Dickmeyer
Winfield, Missouri

AMERICA'S TEACHER OF THE YEAR

***Ladies' Home Journal*, Encyclopaedia Britannica and the Council of Chief State School Officers are proud to announce this year's winners of the National Teacher of the Year awards. Selected from among more than 50 state and territory winners by a board of judges representing 12 educational associations, the National Teacher of the Year stands as a symbol. The teachers chosen represents the thousands of "best" who devote their lives to the growth and learning of American children. Great teachers believe in a continuing America, and the National Teacher of the Year represents both the great teachers—and the future they help to create. By Mary Susan Miller**



1978 National Teacher of the Year
ELAINE BARBOUR
Coal Creek Elementary School
Montrose, Colorado

When Elaine Barbour was transferred to Coal Creek Elementary, the dilapidated building was an eyesore on the Colorado mesa; the children were reading three years below grade level and were "just plain bad."

But, after 20 years at Morgan Elementary, Elaine wanted to leave central Montrose and take on the challenge of Coal Creek's sixth grade. She was also eager to have the experience of being Head Teacher for the school.

Since Elaine's move to Coal Creek, the condemned building has been transformed. The once-yellow brick now gleams inside and out. In the classrooms, brightly colored desks are pushed together to make work areas; a cable spool is set as a table in the cafeteria. The building is a source of pride to the community; they built it themselves—children and teachers, parents and friends.

Elaine Barbour's teaching is individualized, each child working on material tailored to her or his level of ability and particular interests. "In a class of twenty-five," Elaine explains, "I have twenty-five different children with different needs. Why try to teach them as if they were one?"

Most subjects are studied through a dozen learning centers tucked away in different parts of the room. Their headings, aimed to stimulate investigation, range from "What's My Line?" to "Cemetery." Three of the centers are required: Metrics, Space and the geographical "Where in the World?" The children themselves are in charge of the centers, responsible for seeing that they are stocked with adequate projects and source material. The children draw up study contracts that allow a student to select the grade he or she will aim for—and to undertake the work required to attain it. The student in charge and Mrs. Barbour check the finished work when the contract has been fulfilled.

Other subjects become year-long games—such as grammar, spelling and social studies. The children study in pairs—a bright student with a slower one—and then divide into teams that challenge each other. A running score card is kept till the end of the year. Individual scores are kept for report cards.

What Elaine does works, and the parents and administrators know it. Former students are grateful to her for making them responsible for setting their own goals. And the administration boasts that "She sure pulls those math and reading scores up." That is basics, but, for Elaine Barbour, education goes far beyond her classroom. She turns the whole town, the world, into a learning experience for her children. She is a giver, and they learn to give—as the people in the old-age home know at Christmas, Easter and Valentine's Day when they receive gifts the children make. The children have built the Outdoor Laboratory—planting 2,000 trees, laying irrigation pipes, digging a pond, cultivating grasses at the levels of desert, forest and mountain. They stage a Mexican fiesta, build teepees and live like Indians.

To Elaine, nothing is impossible. Her heart and her classroom have been a refuge for children others thought were impossible—battered children, behavior problems, runaways and drop-outs, children that other schools do not want and cannot handle. She restores them. They heal and grow and learn to love.

Elaine and her husband Lee live on a small ranch about 15 miles out of Montrose, close to the hills they love. Daughter Linda and Elaine's mother, Mrs. Littlepage, are the other two mainstays of Elaine's life. Linda lives in California and is finishing her Ph D in English.

Elaine's neighbors are proud of her national honor, but not surprised. "She has always been our Teacher of the Year," they say. **End**

THE RUNNERS-UP

MARION M. JENKINS BROOKS
Kirkwood Senior High School
Kirkwood, Missouri

DOLORES A. KELLER
Dunedin Elementary School
Dunedin, Florida

SUE H. TALBOT
University Elementary School
Bloomington, Indiana

Photograph by Ben Walker



fidji *The way the flowers smelled and the senses rejoiced when the world was one day old.*

PARFUMS GUY LAROCHE
PARIS

If you've never colored your hair because you didn't know what to expect...



Find Happiness

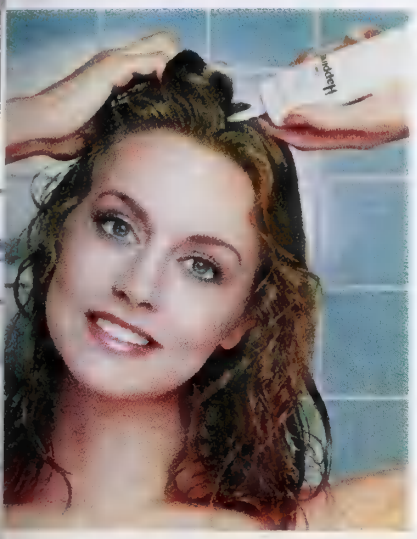
The "No Surprise" Haircolor.

It gives hair a beauty treatment full of highlights and conditioner.

Coloring your hair doesn't have to be scary. Or drastic. Or tricky. So if you've wanted to try it, it's time you found out what it's all about.

It's time you found Happiness, the "No Surprises" Haircolor from Clairol. Happiness takes dull or less-than-exciting hair and livens it up. . . by bringing out hidden highlights, gives it beautiful body and radiant shine. It even blends in the first signs of premature gray too. All without permanently changing your natural color. Here's why:

ɔ mixing,
ɔ measuring,
ɔ mess.
ıst foam it in.



nd 15-20 minutes later, nse Happiness out. It's that mple. Because everything ɔu need is already in one ackage. And after you've ad the directions, you'll gree that you don't have to e a professional to get ofessional-looking results.

No Surprises" means No Peroxide...

nlike most haircolors, ere's no peroxide to per- anently change your hair. fact, Happiness has built-



in conditioners to give hair a beauty treatment full of body and bounce, healthy-looking shine nd a silky-soft touch.

No Drastic Changes...

Because Happiness never gives you anything but a beautiful, natural look. Never turns brassy. Instead, it enhances with lots of gloriously rich highlights that pick up, perk up . . . kick up your hair color. The result: Plain brown becomes just plain gorgeous with warm burnished tones or subtle auburn gleams.

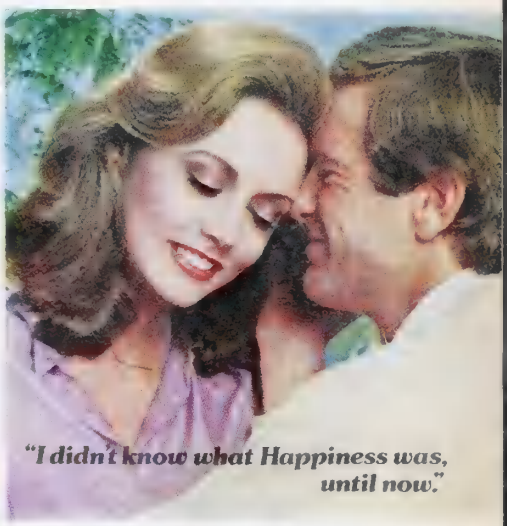
No Ugly Roots, ever!

So you don't have to wait for it to grow out. Just let Happiness rinse away after about a month of shampoos. Yet, it's so gentle, you can use it as often as you feel the need.

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No Peroxide Foam-In Haircolor

There's a first time for everything.



Geraldine Carro

Mothering

How to discipline your children with common sense—and love

Now that the permissive era is past, parents can say "no" to their children—without worrying that they've done permanent psychic damage. They can even let loose an occasional wallop without sending their local child psychiatrist into a panic.

"Discipline," says Los Angeles psychiatrist Ed Ritvo, "is no longer a dirty word." It's even becoming something of a magic word, judging from books now available.

Volumes we've collected in our library explain "How to get the kids to do what you want" or list the "ABC's of child discipline." One book urges parents to "Dare to discipline," and claims on its cover to have sold several million copies. Then there are the books like P.E.T. (Parent Effectiveness Training) that promise a whole new system to end parent-child conflicts.

Part of the trouble with these books is that they promise too much: Just adopt the right set of rules or the right "system" and it will cure bad behavior the way penicillin cures a bad infection.

Such cure-all formulas make two more modest proposals seem especially attractive. One is *Discipline Isn't a Dirty Word,** a two-record album by Dr. Ritvo. The other is *How To Discipline With Love,*** a new book by psychologist Fitzhugh Dodson. Both offer commonsensical advice—the kind that comes in handy when a child's behavior sends your blood pressure skyrocketing.

Ways to teach a child a lesson

Take Dr. Ritvo's down-to-earth approach to punishment. While punishment can be a good way to teach a child a lesson, he says, remember it's not the only way. We parents tend to confuse punishment and discipline. "Discipline," according to Dr. Ritvo, "is the entire business of teaching a child to behave properly. We do that by setting rules, both by what we say—and by what we do. Punishment is just one aspect of discipline. It's a tool we parents sometimes use when our children misbehave."

And, as a tool, punishment isn't aways easy to use. It became a trap for one mother who came to see Dr. Ritvo. She explained that she'd taken away her daughter's privileges, one by one. The child said she didn't care. Now there were no more privileges to take away.

How do you avoid this unprofitable impasse? Instead of taking away privileges, add on to an existing punishment, Dr. Ritvo suggests. Here's how his "add-on" technique works: Say your daughter hits her younger sister. You might send her to stand in a corner for five minutes. Should she do it again, add on five minutes and have her stand in the corner for ten.

The five easy ground rules of punishment

In general, it helps to work out punishment policies ahead of time. Establish a basic strategy. Then, once your child is old enough to understand, let him or her know what the ground rules are. To help parents formulate their own policies, Dr. Ritvo offers these guidelines for children aged four to ten:

1. Explain punishments ahead of time. It's unfair, says Dr. Ritvo, to spring punishments on children. "They deserve to know, in advance, what will happen if the rules are broken." Say your son has crayoned all over his newly-painted bedroom walls. Tell him that next time you'll take away his crayons. Aren't you perhaps daring him to try again? No, says Dr. Ritvo, not if the child *knows* you mean business. Once you lay down the rules, however, it's important to carry them out.

2. Punish as promptly as possible. If you're going to punish a child, do it as soon as you discover the misdeed. "We parents all know that a child's memory can be very short—even nonexistent—when it comes to remembering the things they did wrong."

3. Let the punishment fit the crime. A punishment teaches more when it's related to the misdeed. If, for example, your son is late for dinner, don't send him to bed early as punishment. Instead ask him to come to the table early the next night.

4. Ask for apologies. Dr. Ritvo believes in asking even very young children to apologize. *Do* expect your four year old to say, for example, "I'm sorry I ate the candy before supper." You may not be sure the child means it, but you do know that she understands what she did wrong.

5. End the punishment. Every punishment should stop at a definite point in time. It's not really fair to drag out a penalty day after day. "The past is the past," says Dr. Ritvo, "and once a misdeed is punished, it should be forgotten."

Hugs and kisses

Like Dr. Ritvo, the author of *How To Discipline With Love,* Fitzhugh Dodson, stresses that punishment isn't the only, or even the best way, to teach a child to behave. Hugs, kisses and sometimes an ice cream cone can work even better, says Dr. Dodson.

Instead of punishing bad behavior, says Dr. Dodson, try the reverse. Single out good behavior—especially in an area you want to encourage—and reward it.

Here's how his you-can-catch-more-flies-with-honey theory works. If your oldest child constantly fights with the youngest, wait for a time when there's a temporary lull. Then, following Dr. Dodson's suggestion, you say something like: "You and Georgie are getting along so well. I think I'll take you both out for ice cream."

In the beginning, you'll have to reinforce the good behavior regularly. (Hugs and kisses or verbal approval are preferable, but sometimes it takes stronger medicine—like an ice cream cone.) After a while, reward only occasionally so that the good behavior doesn't become just a ploy for a treat. Eventually, says Dr. Dodson, the positive behavior should become a habit.

"Most parents, unfortunately, are on the lookout to catch a child in the act of being bad," he says. "Catch your child, instead, in the act of being good—and reward him for it."

MAILBOX

Have you ideas to share with us? Write Mothering, LHJ, 641 Lexington Ave., N.Y., N.Y. 10022.

* Available from Proper Parenting, Robert Bell Productions, Inc., 343 So. Dearborn St., Suite 2018, Chicago, Ill. 60604. $10.95 postpaid.

** Published by Rawson Associates, New York, $9.95.

Fisher-Price takes My Friend Mandy shopping for new clothes.



My Friend Mandy is the kind of doll who turns out to be your child's best friend. With a smile that invites the telling of secrets, a soft huggable body and hair that can be combed and curled every which way.

She comes in pink dotted swiss, brings her own nightie, and now you can add to her wardrobe with outfits for a lively round of activities.

There's a tennis outfit, with sun visor and tennis shoes. And her let's-go-camping outfit includes hiking shoes and a backpack.

Then there's a rainy-day slicker, hat and boots. And a long party dress with dancing shoes to match.

There are four more outfits, too. And each package contains a different pattern that you or your child can sew yourself. So however you choose to dress My Friend Mandy, she'll always look absolutely irresistible.







Look for My Friend Mandy in the doll department of your favorite store.

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Introducing

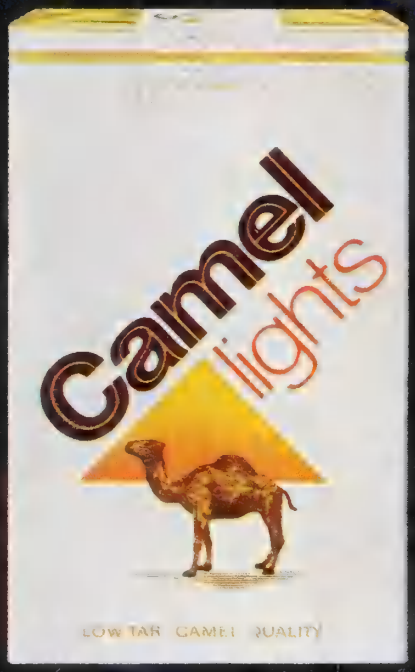
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New Camel Lights



Only 9mg.tar.

Everybody knows the problem.

Ordinary low tar cigarettes can't deliver the full measure of satisfaction that's the very reason you smoke.

Now Camel Lights has the solution.

The famous, richer-tasting Camel blend has been reformulated for low tar filter smoking. With just 9mg. tar. The result: a rich, rewarding, truly satisfying taste.

What's in a name?

Satisfaction, if the name is Camel. All the flavor and satisfaction that's been missing in your low tar cigarette. With a name like Camel Lights, you know exactly what to expect. Try one pack. The solution could be in your hands.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

9 mg."tar", 0.8 mg. nicotine av. per cigarette by FTC method.

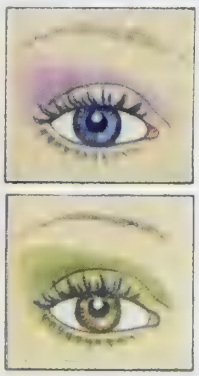


Beauty Journal

Here we go a-Maying —fun eye tricks, friendly tips to feel light and lively.

SOCIAL BUTTERFLIES

The merry month of May has been glorified to the skies in poetry and song—for good reason. It's a real beauty—when trees turn green and a feeling of celebration buzzes through the air. Perhaps that's why May is such a lively month: Mother's Day, family parties, weddings, graduations, Memorial Day (summer's-here!) weekend. Be you hostess, an honored guest, member of the wedding or even the bride, you'll want to look sparkling. To help with your self-planning for special days, here's a checklist of do's and don'ts to consider: ▪ *Do* try to get a good night's sleep the night before. Lack of sleep shows up in your energy level, mood and skin tone. Don't feel draggy; be refreshed. ▪ *Do* have your hair spanking clean. When you look better, you'll feel better. ▪ *Do* take the time to groom your hands. Treat yourself manicure. Think of how often your h will be on view (or photographed). I ing, cutting the cake, greeting a fr • *Do* plan on what to wear—in adv Match your makeup to the outfit you won't get caught with clashing nail/lipstick c • *Don't* try out a new lipstick on the day of the event. It disappear after a short time or do something unpredict • *Ditto* for trying a new hairstyle. Something unfa might make you nervous or uncomfortable. • *Don't* leav many errands for the last minute. It might make you te you have to race around the neighborhood, picking up cleaning here, a drugstore item there. ▪ *Don't* overin yourself (with food or drink) either the day before or the of. Feeling blah can spoil a happy day. Simply enjoy!



FOLLOW THE DOTS

Q. *I'm tempted to try some of the new eyeshadow shades—but how can I tell if a certain color will look right on me? M.T., Seattle, Wash.*

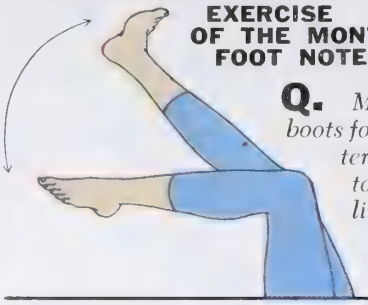
A. We've come up with a terrific idea called, "Check the Fleck." Look closely at your iris (colored part of eye). Identify the tiny colored flecks—that's your perfect shadow color. Top left: blue eyes with mauve flecks. Hence, mauve eyeshadow. Lower left: hazel eyes with green flecks. It's fun and it works. Among our staff, flecks ranged from yellow, gray, green, blue to mauve.

FINDER'S KEEPERS

Wonderful new finds you'll want to keep close at hand. • Double dash-arounds—put on a quick slick of Roll-on Silky Skin Perfume in sexy Aviance, ½ oz., $2.95; and pull on a splashy rain poncho ($5 with any fragrance purchased); from Prince Matchabelli. • Body skin can be 25 cell layers deep. To penetrate and moisturize—new Visible Difference Special Moisture Formula for BodyCare by Elizabeth Arden, 10 oz., $15. ▪ A new way to shop for cosmetic colors—shown in one giant palette for eyes, lips, cheeks and nails. With more hues than Gauguin ever dreamt about—over 200 shades. It's Montage; at department stores. ▪ A soon-to-be-classic delicious new scent for the American woman. From designer Calvin Klein, cologne, 2 oz., $15. ▪ It's like the first day of school (or office)—a fistful of new pencils. Nine shades for eyes, three for lips. By Maybelline, $1.75 each. • Natural goodness—honey, skim milk, sesame oil—to pamper your skin. Care is basic (cleanser, toner, moisturizer). Skinplicity by Avon. • Body chemistry at your fingertips. New acid-balanced products are kind to hands, strong on nails. Remover, cuticle cream, base and top coat; all "ph plus" by Redken. ▪ Beach-days—you protect your body, but what about your hair? Now, a shield against sun-dryness, adding bounce and shine. Vidal Sassoon's Hair-In-The-Sun, 4 oz. tube, $6.

SAYING IT'S SUNNY

It's no secret that after April showers come May flowers. after a spell of umbrellas and rain bonnets comes a hop-and-swing into sunny weather. Just in time for some ligh lovely things to make you look pretty and carefree: ▪ L gauzy cotton square jauntily tied at your throat or a lave grosgrain ribbon bowed like an old-fashioned tie unde collar of your shirt. ▪ Or a wonderful new big-brimmed s hat the color of peaches (madly flattering). ▪ Or a ch from your everyday plain gold stud or hoop earrings to carved ivory roses. • Perhaps a new pair of sunglasses w do the trick. In beige-y pink plastic frames that add a s blush to your face. • A spritz of new cologne—in your on your hemline (whatever length that may be)—to surr you and those close to you with a whiff of springy plea ▪ Work wonders with flowers. Real ones. In Victorian everyone knew the symbolism of each bloom. A white ros am worthy of you." Daisy: "I share your sentiment." I spur: "Fickleness." Today, a fresh bud pinned to your lap dipped in a small vial on a chain might send out the mess "This is a wonderful day."

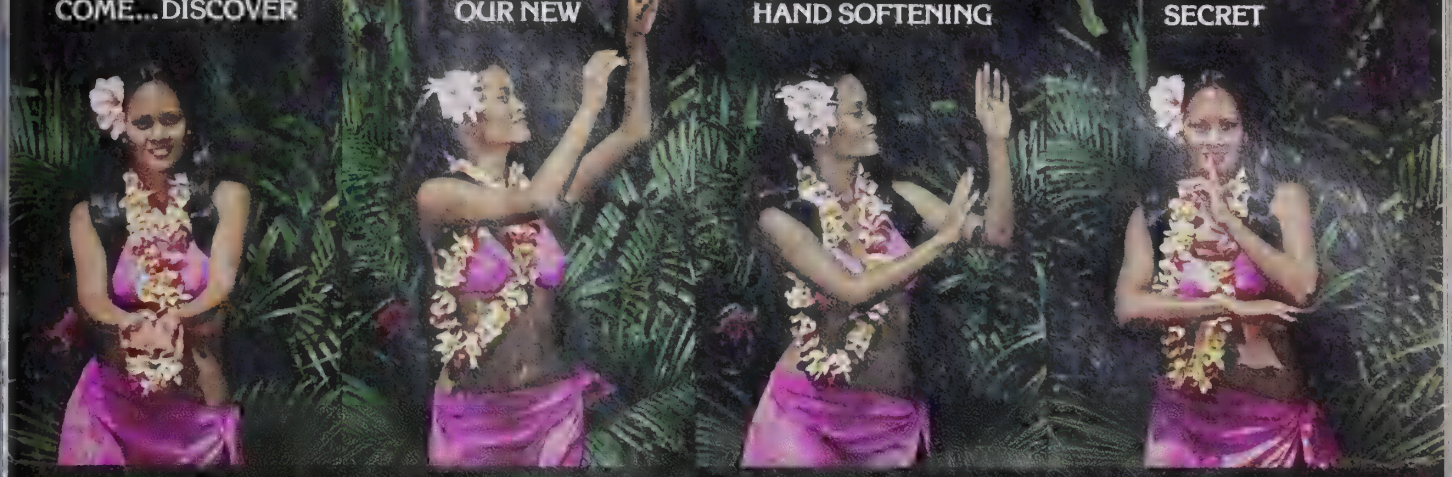


EXERCISE OF THE MONTH: FOOT NOTES:

Q. *My feet have been confin boots for most of this long, cold ter. Do you know of an exe to help stir the circulation limber them up in time t ready for sandal sea M.D., Short Hills,*

A. To put the tingle back and get them in shape, we gest you try this easy exercise. Lie on your back, hands ing comfortably at your sides. Raise both legs with k bent. Flex-and-stretch one foot at a time (illustrated), spr ng your toes while stretching up and out. Repeat 10 t for each foot. Feels good.





Introducing New Pond's Cream & Cocoa Butter.

Cocoa Butter. Skin softening secret for generations of beautiful women. Now in new Pond's Cream & Cocoa Butter for hands. The goodness of natural cocoa butter combines with 7 creamy moisturizers to keep your skin silky smooth, creamy soft. With a light, pleasing fragrance, too.



New Pond's Cream & Cocoa Butter—the hand softening secret for softer, younger-looking skin.

Don Ho



35¢ 35¢

GET 35¢ OFF OUR HAND SOFTENING SECRET, COCOA BUTTER. IN NEW POND'S CREAM & COCOA BUTTER.



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35¢ 35¢

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Doesn't every woman remember a long-ago kiss that might have led to a different kind of life? A short story by Jonellen Heckler

REUNION

My mother always did like Allen, when we all were growing up on the same street in Mt. Lebanon. Viewing him across the 15-year gap of our high school reunion banquet table, I can see that she was right.

Allen smiles warmly into my memories of him, going back to second grade. My husband Jim, seated beside me, hugs my shoulders, leaning his cheek against my temple. Even after 11 years, I respond to the aroma of his shaving lotion, conditioned to happiness at the scent and sight of the man I did marry.

"I'm glad we made the effort to get here, Barbara," Jim says softly. "You were right about Allen. He's swell. Wish I could know him and Jenna better."

"Well, we'll just have to move to Connecticut so we can see them more often."

Jim grimaces. He's a native Georgian product who dutifully but not happily crosses the Mason-Dixon Line once a year to visit my Pittsburgh-area relatives.

I squeeze his elbow. "Maybe at the twenty mark they'll hold the high school class reunion in Atlanta."

Jenna and Allen are already digging into strawberry shortcake. She's added a few pounds, I note silently, but the fullness of her face has only increased its radiance. She is a New Yorker.

"Do you think I should phone abo Liza?" Jim asks.

"Oh, I'm sure Mother will let us kn if her cough gets worse," I reassure hi

But he's thinking it over, with the co cern of a male parent who's cheerful changed diapers for a decade.

"I think I'll call anyway," he says. want to make sure Paul and Jimmy ha wound down."

As he leaves the table, chandelie dim and slides appear on a screen. I s myself in a basement full of jitterbu ging eighth graders at Marcia Whela party, my mid-calf skirt skimming abo bobby socks, my ponytail *(continue*

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REUNION

continued

hanging. Allen (shorter than I!) appears to have a watermelon under his shirt.

Hoots and jeers rise suddenly from heretofore conservative gentlemen and ladies. Each has zeroed in on his own 13-year-old face.

I recall that Allen and I conducted a highly scientific experiment at Marcia's to determine whether it gives a better effect to kiss with lips together or slightly separated. Verdict: Lips together.

More slides. Allen is getting taller, slide after color slide. I stopped growing at 14 and stand shoulder-high to almost everyone in the progressive photographs.

By tenth grade, I had cut my unruly red hair into a "pixie" and no longer dated Allen. He was into varsity basketball and meeting girls from other high schools. During this time, however, our relationship flourished. We were a living cross-index of earthy information. We shared newly discovered sex information like two doctors conferring.

Jim returns to his seat, whispering, "All's well. Have I missed much?"

"Ouch, it's painful," I wince, pointing at the all-consuming, all-revealing screen. Jim chuckles.

As if on cue, up comes a sneak shot of Allen and me and three other kids smoking on the steps. Verboten!

My dignified cronies at this reunion are hissing, "Shame!" The din is worse than home basketball games used to be.

The tempo increases. In technicolor, we are ardent fans, then beatniks in the school play, snow-dusted Christmas carolers, graduates at the Senior Prom. I've regained my fiery curls, and do the "twist" in a chiffon gown with cowl neckline. My date is Allen. Who else?

The slides come to an end. The banquet room lights up and a zany, slightly inebriated group of adults begin a skit of remembered incidences.

Jim is guffawing and shaking his head over Nan McBride's portrayal of me ripping the rear out of my bathing suit on a wooden raft at the senior picnic.

I am remembering summer's mass exodus to the Jersey shore and a lot of chaste beach-blanket experimenting with Allen. Among the conclusions we were able to document by Labor Day:

That the ear is an erotic zone. (Breath on the outer ear unfailingly produces goose bumps on the breathee.)

That afternoon is a more romantic time than evening. (Body temp over a seven-day span averaged 98.8 in afternoon, 98.6 at mid-evening.)

That slower tunes on the portable radio excite more rapid pulse than upbeat songs. This inverse effect surprised us but was evidenced by stop watch.

The skit is over. We rise from the table, surrounded by surprisingly mature faces. People are asking me to stop in Philadelphia, Montpelier, Des Moines "the next time you're out our way."

Jenna and Allen slowly drift toward us through the crowd. My mind is like a high-speed calendar, rustling and ripping pages: four years commuting daily to Pitt with Allen, losing him gradually, not caring, falling in love with Jim, helping Allen write tender letters to Jenna.

Jenna asks me about Liza and Jimmy and Paul. She faithfully sends them birthday cards year after year. I hand her a small present for their daughter, Lynne.

Jim kisses Jenna on the forehead. Allen is waiting his turn to kiss me.

"Is this better?" he mutters and plants a "lips-together" on my mouth. "Or this?" He kisses again, rapidly, lips slightly apart.

"The first one," I giggle. Jenna laughs as though she's heard that story.

We are crossing the concrete parking lot in the humid night. Jim and I slide into our station wagon that car pools constantly in Atlanta. We lock the doors against the past, and start home.

Allen. Time rolls back, 11 years plus.

I see a morning in Pittsburgh: Allen and I, two days from college graduation. We climbed a hill together. I had Jim's engagement ring. I also had, at home, a wedding dress adorned with lace.

Allen was committed to Jenna. I had helped him pick out her diamond. We were both to be married in May.

He pulled a rumpled handkerchief from his pocket and gently wiped water from a park bench. We sat. Between us like glass stood the magic of our impending weddings. We had long since stopped being experimental. There was nothing left but widening friendship.

For minutes, we exclaimed over our futures as though no one else had ever graduated or said "I do."

"Time to go," Allen announced, pointing to his graduation wristwatch.

"Right!" I said gaily, pointing to mine.

As we started down the bank, I slipped and almost sat in a patch of mud before Allen caught me by the elbow. Hefting me to a standing position, he did not release my arm. It seemed as though my clumsiness had reminded him of something he'd left undone and he stood gripping my sleeve, trying to think of it.

At last he said, "Goodbye, Barbara."

I started to laugh but was struck by the look of tenderness on his face.

He kissed me.

It felt appropriate, after 15 years of school together, to say farewell that way.

But his arms tightened surprisingly around my back and he kissed me again, passionately.

Angry, I intended to push him down the slope but when I raised my hands to to thrust him away I wanted to—an did—lock my arms around his neck. H moved against me, closing all distanc between our bodies and our lives. A fi lit, one that had never been there b fore. A raging fire. Then he let go of m

I put a hand against his chest, both t keep him at bay and to steady mysel Agitated, I glared into his eyes as thoug I expected to read the answer like at th end of a textbook chapter.

"It was an experiment," he shrugge

I didn't believe him.

For months that final scene baffle me. I'd take it out of my memory in quie moments to examine its meaning. But was untenable as mercury and shifte strangely. It was never the same thin twice. I forgot the details and eventuall it hardened into a clay sculpture, alway the same: man and woman parting, look ing quizzically at one another.

It crystalized, lost its sting.

About the time that it finally cease to evoke emotion in me, Jim and I wer having long nights and worrisome day with babies. I was harried, dissatisfied One afternoon, in the middle of chang ing a squalling son (we had two in dia pers), the answer rolled into focus wit startling clarity.

It *had* been an experiment! After al Allen and I had had plenty of chances t be lovers, spouses. We were never in terested in each other that way.

Back came the breathless beauty of single red tulip, the smell of damp soi the clammy feel of drenched woo through my skirt as we sat on the bench

Allen and I had been fantasizin about the mystical qualities of marriage imagining, believing that all would b well ad infinitum. The only things w needed were white gown, tuxedo an vows. Zap! We'd be transported int wedded bliss—him with Jenna, me wit Jim. Sealed for eternity. No exceptions

But a simple experiment in bod chemistry showed Allen that it wasn necessarily so.

Is it possible to be attracted to a per son other than one's chosen partner? A naïve question for this day and age o free-wheeling permissiveness. But im portant to me. Verdict: Certainly.

The prerequisite of devotion is dedi cation. He would have to work at mar riage, at being a loving and loyal hus band. And it would be worthwhile.

That day of crying infants and soggy diapers, the truth of our encounter fil tered through to me like a gift given long ago but not unwrapped until then. I sa in the rocking chair, a baby in my arms waiting for Jim to come home from work so I could say again that I loved him.

"I love you," I say aloud to Jim who is now gingerly navigating our station wag on up a 45-degree hill.

In the slowly illuminating and dark ening passage of streetlights, I see him smile. **End**

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ce all ingredients in der container; cover. d on medium speed 15 onds or until smooth. er; chill. Makes about 4 cups

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1 cup HELLMANN'S Real Mayonnaise
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1 Tbsp milk
1 tsp paprika
1/2 tsp dry mustard
1/4 tsp salt

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Toll-Free Hotlines

Ralph Nader

Has your car model been recalled? Does your landlord treat you unfairly? Is your child's new toy dangerous? Here's how you can get immediate help from the U.S. Government with these and other problems.

Some good news from Washington. Government toll-free hotlines are springing up regularly to answer your questions on matters that are immediately important to you.

The number of calls to these hotlines by Americans in 48 states (with the exception of the Veteran's Administration, these toll-free numbers are not available to residents of Alaska or Hawaii) is increasing by the month. Still, the vast majority of people do not know about them. Partly, because government agencies do not publicize their service as well as they might. The National Highway Traffic Safety Administration recently learned what some publicity can do for a toll-free number; a few months after the auto safety agency's campaign to inform the public about its hotline service, the number of calls doubled. And the agency now handles over 2,000 calls a week.

Here is a list of hotline numbers that you may want to use now or in the future:

CONSUMER PRODUCT SAFETY COMMISSION—receives reports on injuries or fatalities relating to hazardous manufactured products; also assists consumers in evaluating the safety of products being sold to the public. Washington, D.C.: 492-6504; Maryland residents: 800-492-2937; other continental U.S.: 800-638-2666.

NATIONAL HIGHWAY TRAFFIC SAFETY ADMINISTRATION—receives reports on auto safety problems; provides information on autos recalled and complaints received about specific makes and models. Washington, D.C.: 426-0123; other continental U.S.: 800-424-9393.

INTERSTATE COMMERCE COMMISSION (ICC)—gives information on interstate moving of household goods; limited assistance to consumers with complaints against interstate movers; receives complaints concerning interstate train and bus travel. Washington, D.C.: 275-7301; Florida: 800-432-4537; other continental U.S.: 800-424-9312.

EDUCATION GRANTS—provides general information about the Basic Education Grants program. Maryland: 800-492-6602; other continental U.S.: 800-638-6700.

NATIONAL SOLAR HEATING AND COOLING INFORMATION CENTER—provides information on commercial availability of solar installations for heating and cooling. Pennsylvania: 800-462-4983; other continental U.S.: 800-523-2929.

FAIR HOUSING AND EQUAL OPPORTNUITY HOTLINE—furnishes information to consumers with all types of housing problems, particularly those involving discrimination. Washington, D.C.: 755-5490; other continental U.S.: 800-424-8590.

VETERAN'S INFORMATION—the V.A. has toll-free numbers for regional offices in all 50 states. If the regional toll-free number isn't listed under U.S. Government in the phone book, ask your local operator for the number. These numbers are for use within a given region only.

OCCUPATIONAL SAFETY AND HEALTH ADMINISTRATION (OSHA)—provides information concerning job safety, health standards and workers' rights. Half of the agency's ten regional offices have toll-free numbers. To find out whether your area is covered, dial the phone company's free "800" information service: 800-555-1212. (OSHA is presently working to set up a national hotline.)

ACTION—provides information for potential volunteers for its foreign and domestic programs. These programs include the Peace Corps and Vista, as well as several others for senior citizens, students and local volunteer groups. Washington, D.C.: 254-7523; other continental U.S.: 800-424-8580.

NATIONAL FLOOD INSURANCE—Disseminates information and applications concerning affordable government flood insurance in flood-exposed areas. Washington, D.C.: 755-9096; other continental U.S.: 800-424-8872.

FEDERAL CRIME INSURANCE—provides information and applications concerning government robbery/burglary insurance in high-risk areas. Washington, D.C.: 652-2637; other continental U.S.: 800-638-8780.

FEDERAL ELECTION COMMISSION—regulates campaign financing pursuant to election campaign laws and regulations, which require disclosure of the source of federal campaign financing. Washington, D.C.: 523-4068; other continental U.S.: 800-424-9530.

NATIONAL RUNAWAY SWITCHBOARD—a non-profit organization financed by a grant from the Department of Health, Education and Welfare (HEW) that provides advisory services to runaways and parents on a 24-hour, confidential, free basis: 800-621-4000.

TRAVEL HOTLINE—operated by U.S. Travel Information Center. Provides information about tourism within U.S. On request, they will mail callers a map of the U.S. (showing interstate highways) as well as helpful travel and consumer brochures. Illinois: 800-942-4833; other continental U.S.: 800-323-4180. **End**

As I was saying to Carol Lawrence the other day, "I love to relax with a cup of Cafe Vienna and put the world on hold for a little while." — *Carolyn Ray, Van Nuys, Ca.*



"When things get hectic, it kind of calms me down," d Carol.
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Myths of Jealousy

Theodore Isaac Rubin, M.D.

If you've ever been miserable because you just knew you were losing your man to another woman, read this report on jealousy, a lover's emotion that has nothing to do with love.

Just about everyone has felt jealous at some time in their lives. The frequency and intensity of these feelings, however, may vary enormously in different people—and also in the same person under different circumstances. Jealousy—the sense that something is being taken away from us— may be felt so mildly that it can hardly be perceived on a conscious level. Jealousy may be felt as merely a vague feeling of disquiet or anxiety. On the other end of the scale, jealousy may be perceived as life-threatening, may bring on feelings of murderous rage and may cause psychotic behavior. Jealousy can so permeate an individual's life that it dominates one's existence—and affects all other feelings, thoughts and actions.

But even a less obsessive, chronic and malignant jealousy is destructive to happiness. It is an emotion that can hurt, even destroy, close relationships and the potential happiness that may otherwise come of them.

At this point, it is important to put to rest what I consider the six most common myths about jealousy—and to clarify some basic issues.

1. Jealousy has no priorities or exemptions: it affects people from all walks of life and all cultures, although different groups may have different views as to whether the emotion is durable. Some may find it more acceptable (even praiseworthy) than others.

2. Jealousy may coexist with love or may be felt even when there is no love at all. But jealousy is never evidence of love, nor is it an emotion born of love. Indeed, love for another human being involves caring and giving to that person. Jealousy involves a neurotic preoccupation with self, the fear of self-depletion and the need for constant reassurance.

Thus jealousy often destroys the capacity to love and the ability to give, leaving only an insatiable need to take. Lack of jealousy is by no means an indication of a lack of love. Quite the reverse: a loving relationship certainly has a much better chance of flourishing in a non-jealous atmosphere.

3. Jealousy is equally prevalent and powerful among both men and women—and among heterosexuals and homosexuals alike. It has nothing to do with masculinity, femininity or sexual drive. It is often linked to low sexual self-esteem: people who do not feel that they are lovable or attractive and who doubt their ability to perform sexually are especially prone to feelings of jealousy.

4. Jealousy is not confined to any age group and may occur at any time in a person's life, from infancy to advanced age. I have seen attacks of sexual jealousy, attacks that have led to paranoid accusations and even violence in 80-year-old people.

People who have achieved some level of emotional maturity—and this has little to do with chronological age—are better able to deal with circumstances that might threaten more insecure individuals. When I talk about mature people, I mean individuals who have a sense of self-esteem, confidence in their ability to function sexually—and who believe that they are worthy of being loved. Mature adults also have the ability to give as well as to take.

5. Nobody is "born jealous." But there *are* psychological factors that we acquire as we grow up, and they may predispose some people to jealousy.

6. Feelings of jealousy are not confined to passionate or intense people. Indeed, jealousy has little or nothing to do with a person's nature, with whether or not a person has a reserved or an exuberant personality. The shy, the gregarious, the supersensitive, the insensitive—all are equally capable of jealousy.

Acute and short-lived attacks of jealousy are linked to temporary feelings of low self-esteem. The jealous person seldom realizes this. He or she may not understand that feelings of jealousy are irrational, and that the real reasons for jealousy remain essentially unconscious These attacks often occur as a result of incidents such as business reverses, school failures, fear of new responsibilities, fear of advancing age. Some people experience attacks of severe jealousy at birthdays that may have strong symbolic significance. Jealousy is often linked to the fear of impotence in men and the feeling of being unattractive in women.

Sexual jealousy is most prevalant and strongest among people whose self-esteem is largely based on their looks, their personal sex appeal and their ability to function well sexually. Unfortunately, this basis for self-acceptance is fed by the culture we live in. Sometimes in addition to other problems, the jealous person is sexually attracted to people other than his or her partner—usually expressing a need to feel attractive. This increases jealousy, because the jealous person begins to "project" and becomes convinced that the partner *(continued on page 56)*

Dr. Rubin is a well-known psychoanalyst who practices in New York. He is also the author of "Reflections in a Goldfish Tank" (Coward, McCann & Geoghegan, Inc.). If you have questions you would like Dr. Rubin to answer in his column, please address them to him in care of Ladies' Home Journal, 641 Lexington Ave., New York, N.Y. 10022. We regret that only letters selected for use in the column can be answered.

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PLANTS FROM LEFTOVERS

Beautiful houseplants are yours for the growing from your next bag of groceries.







Houseplants from ordinary kitchen leftovers . . . what fun for you and your children, and how easy. Orange seeds, lemon seeds, avocado pits, peanuts, dates, sweet potatoes, even pineapple tops. Follow these simple instructions and all will produce handsome plants like the ones we show here. *Top:* A selection from the many plants that can be grown from seeds or roots of common foods. All planted in February, photographed in July. At left, two peanut plants, with two grapevine (from grape seeds, naturally) seedlings in front. Center front, small orange plants; right, dates. Large leaves in back are taro yam, with sweet potato on trailing stems.

Center, above: Tiny palms from date seeds. Plant inch deep in potting soil and keep in warm closet until germinated. Keep moist. After shoots appear (two months) bring into daylight. *Right:* Two-year-old grapefruit plant and six-month-old orange seedlings. Plant seeds ½ inch deep in moist soil and keep in warm, dark place. Cover pot with plastic wrap. Keep moist. When shoots form two leaves, repot singly and keep in warm, light spot. Repot as plants grow, give lots of sun. *(continued)*

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PLANTS FROM LEFTOVERS





Peanuts make interesting, quick-growing, bushy plants. Crack the shell of unroasted *nuts and place in potting soil in warm light spot. Keep moist. Plants just last one season. Try the same thing with unroasted coffee beans for longer-lasting plants.*

Avocados pits produce handsome, dramatic plants (above) that grow quickly. Start pit in a small glass jar of water, using toothpicks pushed in evenly so that the flat end is just below water level—that means the pointed end is *up*. Keep water level so that base is always submerged. When several roots have appeared (be patient!), carefully put avocado into potting soil. Keep plant in warm, sunny place, pinch top to encourage branching. Water often and feed occasionally in summer. Most effective in multiple groupings.

Below: Remarkable pineapple plant. Slice the top off the pineapple, leaving about an inch of the fruit attached to it, then cut away the outer part, leaving the fibrous central core. Keep in warm place to dry completely. When dry, cut away a few outer leaves and place in a jar of water, with core just touching water. When roots reach size shown in picture at left, pot carefully. Do not allow roots to grow too long, for they will break in the transplanting. Keep in warm, light spot. Handsome, spiky plants (right) occasionally produce fruit. **End**







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The Working Woman

Letty Cottin Pogrebin

Re-entry. The word describes rockets returning to earth from outer space—and women returning to work from inner space: the household. Here, five women who are making the journey in different ways share their experiences.

Willa Hutner, 41, now an urban planner earning a $16,000 salary, looks back three years at her re-entry trauma: "You forget that you're smart and capable. Regardless of past achievements, the fear of being unable to perform comes from years of staying at home. It incapacitates you. You get out of the habit of functioning with deadlines. Women still say to me, "You mean you go into the city *every* day?"—as though it were an impossible accomplishment, even though they get up every day at 6:30 A.M., too. What they're really expressing is a loss of belief in themselves. We need a real support system because every re-entry woman is a basket case."

A Phi Beta Kappa student at Wellesley College, Willa married Joseph Hutner during her senior year, bore three daughters, Laura, Susan and Amy, between 1958 and 1962, and used her full energies "being a perfect wife and mother." She immersed herself in craft projects and gourmet cooking. In 1964 and 1966, when her husband ran first for the New York State Assembly and then the U.S. Congress, Willa was the smiling, gracious candidate's wife.

"It's curious," she recalls. "Both of those years I made a full-time commitment to campaigning, but after Joe lost, I went back to my old life as though nothing had happened. Oh, the passivity! I was so non-analytical in those years. I lived an unexamined life."

From 1968 to 1972, Willa devoted about 20 hours a week to a regional magazine; she contributed articles on pollution, energy, emergency medical services, garbage disposal and the future of the cities. She never earned more than $75 per article, but she discovered her zeal for urban issues—and for more challenging work. She consulted the counseling service at the local YWCA in suburban White Plains, N.Y., and took a battery of vocational tests.

"My strengths pointed to a career as a naval captain," she laughs. "Otherwise, the tests were inconclusive. To find the right field for me, I went to the teenage section of the library and took out every book on careers, including *So You Want to Be a Nurse*. My reading plus my enthusiasm for the subject matter I'd written about for the magazine, led me to decide on Urban Planning."

Because of her household responsibilities, the two-year master's degree course took Willa three years and two summers, but in 1975 she earned her degree. After six months searching, she found a short-term assignment working on space planning for a private school, and finally she landed her present full-time job as a specialist in transportation planning for the elderly and handicapped for the Tri-State Regional Planning Commission.

"The positive value of maturity is not being afraid to look aggressive."

"I like the people, the group relations, meetings, having an office," says Willa. "I knew I'd nested here when I brought in a toothbrush and a pair of pliers. I was surprised, however, to find myself so *ambitious*. It came so late. I guess one positive value of maturity is not being afraid to look aggressive."

How did the family adjust to Willa's new life? "Joe does at least half of the household chores; and dinner planning is no longer my sole responsibility," she reports. "I stopped grocery shopping in 1974; at first Laura took over; then, when she went to college, Joe and the other two girls started doing it. The kids have had to take on adult roles, but the trade-off is that they're also allowed adult opinions. And as the mother of daughters, the role model aspect is very strong. I want them to know the working world has a special vividness. As a grown woman, I didn't look for it because I didn't know it was there."

"I think my job has given everyone more freedom."

Gloria Gray, 48, of Munster, Ind., married her husband Sam 26 years ago and had five children at two-year intervals. When Gloria says, "I stayed home for twenty years, from 1953 to 1973," one imagines a life of endless child care. But in fact, Gloria found time for a remarkable amount of volunteer activities in her community. She's been a scout leader, active in PTA and League of Women Voters, president of her synagogue's sisterhood, advisor to B'nai Brith Girls and has held a variety of Hadassah offices. She also started a tutoring program in the high school and taught for the Northwest Council of Churches, utilizing her experience teaching before her children were born.

In 1973, Gloria grew restless. She wanted paid work, but she didn't want to return to teaching. Like many of her friends, she was at a loss. Unlike most, she was ready to act. With two other women, she founded WOMAN ALIVE!, a counseling service dedicated to people just like herself—women who need help achieving career, educational and personal growth.

"We researched established counseling centers around the country, visited some, read *(continued)*

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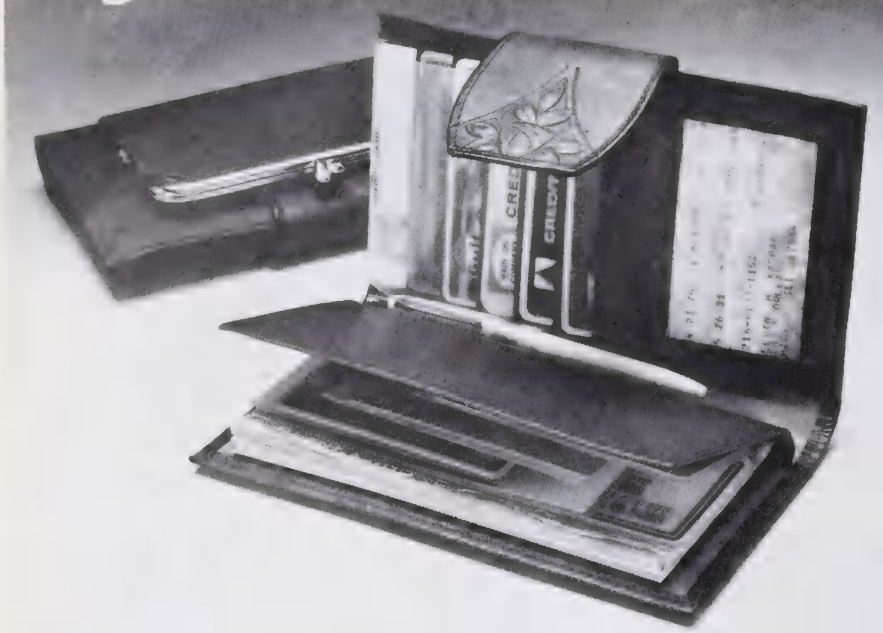
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The Working Woman

continued

everything, learned from others' mistakes," Gloria remembers. "I enrolled at Purdue University, and after four years of night classes, I earned an M.A. in counseling and personnel. But the center operated during those years without credentialed experts. We knew we were fulfilling a need. Half of our clients are re-entry women, a quarter of them are changing careers and a quarter are displaced homemakers who suddenly *have* to work. We run management workshops and decision-making seminars as well as doing private counseling."

Gloria and her colleagues "invented" their re-entry careers with minimal start-up money for books, career literature, brochures and stationery. Office space and machines are donated by the Hammond, Ind., YWCA. Clients pay $15 an hour for counseling, $70 for a résumé, $80 for vocational tests. With all WOMAN ALIVE!'s success Gloria's take-home pay amounts to less than $10,000 a year.

"My husband isn't about to retire on my earnings," she says. "But I know I made the money—and it came from a job I love."

At first the family felt resentful because Gloria was less available to them. "Now I think they're all proud of me," she says. "Also, I used to be Mrs. Clean, and now I'm off the kids' backs. If they don't make their beds, I'm too busy to nag them. Sam and I have almost enchanged roles; now he's the one active in volunteer work. I think my job has given everyone more freedom."

"I see myself as a child advocate whose work is as important as a doctor's."

Things haven't been easy for 39-year-old Nancy Heinz. It took her eight pregnancies to have two children and 15 years to get a job. Before she and Bill were married in 1962, Nancy had done clerical work. When they moved to California in 1966, she enrolled in the state university, interrupting her schooling whenever a difficult pregnancy required her to stay in bed. Seven years later, she had two sons and both her B. A. and Master's in school psychology, but it wasn't until 1977 that she found two part-time jobs doing psychological diagnoses and referrals for children in the public schools of Fremont and San Francisco.

"I see myself as a child advocate whose work is as important as a doctor's. I always wanted to be a professional and I thought *anyone* could look after a house and children. Yet now I feel undercut when Bill does the cooking. And while the 15-year-old is just fine, the 7-year-old could probably use more of my time. See, it doesn't take much to make you blame yourself!

"For the first four years of our ma riage, I felt lost. I was always pregna with nothing to do. Then, for the next years, I was pregnant and/or going class. School gave me hope. Now wouldn't give up my work for anything

The last two case histories are missi their happy endings—at least right no Each represents a common stumbli block: age discrimination and indecisi

"Like most older women, I suffere from fears and doubts."

Marian Sunnergren of Bethlehem, P. is 55. She married Carl in 1947 and h the first of their three children in 195 at which time she retired from a six-ye career in retail advertising and public r lations. When her youngest child was and she was 46, Marian hatched a pl to return to work. She studied the jo market and she heeded advice to dow play her retailing past. People had a vised her that her experience would lo ancient, her last salary ($65 a wee which was considerable in 1951) wou look puny by 1969's standard, and sh wouldn't enjoy competing with you people in a field she knew better th they. So she prepared a résumé th described her raw abilities without em phasizing retailing. After eight or t applications, she landed a $100-a-we job as editorial assistant at the loc newspaper. Triumph! But . . .

"Like most older women, I suffere from fears and doubts," says Maria "Had I kept up with the times? Could perform what was expected? Many wo en I knew were afraid to return to wo or had taken jobs far beneath their ta ents. My fears were swiftly forgotten. did the job. I got my first pay check in years—and we celebrated! I took Carl dinner—with *my* money."

Within nine months, she was ready re-enter her field. She landed a job at local advertising agency, worked her w up to copy chief and by the summer 1971 was earning $165 a week. Unfort nately, there was more to the sto Marian was told that certain clien didn't like to work with women, so it w necessary for male account executives take credit for her work. Her employe were wary of an older woman's motiv tion for returning to work; they su gested that it was because she was "ri for an affair." Whenever she applied f a promotion, she was rejected as "ove qualified."

"That's the code word for 'too old,' Marian explains. "I left the agency b cause it was just too unpleasant to wo there under such conditions. After tw and a half years of free-lance advertisi and promotion, I was given the full-tim job of promotion director of the Lehig Valley shopping mall. For one year, was deliriously busy doing the work

(continued on page 18

TASTE 100% VIRGIN TOBACCO!

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Taste L&M Lights, the only cigarette made with just the tender "filet" of 100% virgin tobacco.

- No reconstituted tobacco.
- No added stems.
- No other tobacco by-products.

TASTE L&M LIGHTS. ONLY 8 MG. "TAR."



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Flavor Lights; 8 mg. "tar", 0.6 mg. nicotine; av. per cigarette, FTC Report (Aug.'77).
Long Lights; 8 mg. "tar", 0.6 mg. nicotine; av. per cigarette, by FTC Method.

COFFEE, TEA OR VIVARIN?

There are times when nothing beats sitting down and having a cup of hot coffee or tea. Particularly first thing in the morning. It tastes good and gives you a lift.

But if, as the day wears on, you sometimes find yourself having a cup of coffee or tea just for the lift, you should know about Vivarin.

Vivarin is a gentle pick-me-up. The active ingredient that makes Vivarin so effective is the caffeine of two cups of coffee squeezed into one easy to take tablet. And a Vivarin tablet is more economical than two cups of coffee, and requires no preparation.

So when you want a lift, take Vivarin. It's convenient, inexpensive, easy to take, and it really works.



Read label for directions.

Your Family's Health

David R. Zimmerman

Does S-E-X cause U-T-I? How risky is it to smoke and take the Pill? Can ice cubes really cure cold sores? Do nurses give better telephone advice than pediatricians? Here's the latest research.

ICING FOR COLD SORES. Few skin outbreaks bedevil sufferers and their doctors more than unsightly, painful cold sores. Caused by a virus called *Herpes labialis*, they keep coming back—and in the long run may be dangerous. Yet doctors know no cure and have few effective treatments. Patients thus may wish to try a "home remedy" for which Israeli oral surgeon Sanford Danziger, M.D., of the Hadassah Medical School claims "encouraging" success in all of the first dozen patients who tried it. The remedy: ordinary ice cubes. If it is to work, Dr. Danziger specifies, the ice must be applied to the sore within 24 hours after it starts to erupt, and must be kept there for 90 minutes to two hours. The pain "ceases immediately," Dr. Danziger says, and by next day the blisters are gone. His brief report, in the British publication *Lancet*, is very preliminary—and we'd like to hear if icing provides effective relief for American cold sore sufferers.

LOVEMAKING AND URINARY INFECTIONS. The name "honeymoon cystitis," used to describe some sudden, excruciatingly painful urinary tract infections (UTI), implies that lovemaking triggers these attacks. This has not been proved. But new research from infectious disease specialist R. Michael Buckley, Jr., M.D., and his colleagues at the University of Pennsylvania, now shows that: 1. In healthy women, lovemaking often causes a significant rise in bacterial counts in the urethra and bladder; 2. Urinating after intercourse normally does *not* wash these germs out—although this precaution may benefit women who are very susceptible to UTI; 3. Since most women whose higher germ counts rise after making love do *not* suffer UTI as the result, those who do must be vulnerable for other reasons.

Most UTI's can be cured with drugs; the problem is to find the infections early and keep them from recurring. One recent proposal is that women test their own urine with nitrite-sensitive dip strips, which detect oncoming infections that may not yet be painful. This proposal comes from one of several companies that sell these strips, which turn pink if infection is present; they can be purchased without prescription for about 30¢ each. But the physician whose work the company cites is not yet sure that self-diagnosis is wise.

There is no doubt that women can detect UTI with the strips says University of Wisconsin internist Calvin M. Kunin, M.D., who says the method can be "very valuable" during pregnancy, when many serious infections get started. But, he cautions, no study has proved that routine self-diagnosis makes sense—and he knows of no colleagues who advise women to do it. Dr. Kunin says that self-testing first must be linked to the medical care system, so that women who find UTI will get optimal treatment. It also must be demonstrated that the benefit of early detection outweighs the anxiety a woman may feel when testing herself for a potentially serious disease.

THE PILL AND SMOKING. The makers of oral contraceptives now say flatly, in a warning on the package and in a *(continued)*



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So we designed the Sealy Posturepedic in cooperation with leading orthopedic surgeons for no morning backache from sleeping on a too-soft mattress.

Sealy Posturepedic is a unique back support system. Cushioning layers comfort you. Hinged offset coils give you firm support. And our patented torsion bar foundation helps make your Posturepedic last years longer.



And now, you can choose a Posturepedic in the kind of personal comfort you like – from extra firm to gently firm. Whichever you select, you'll have the same deep-down support.

So don't just settle for any firm mattress. Insist on the one and only Posturepedic. Made only by Sealy.

And wake up feeling so good it shows—every Sealy Posturepedic morning.



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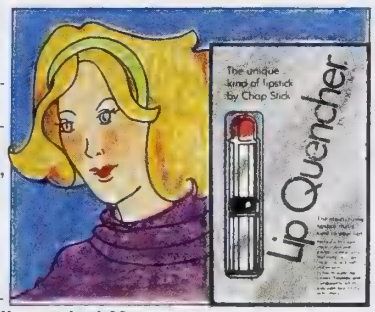
Dollar's Worth from Mary Willis





Don't put Skin Quencher® away when you put your winter sweaters away! Your skin needs summer care too. That's why **Skin Quencher Hand and Body Lotion** is packed with special emollients to help your skin feel smooth and comfortable all year long. Plus it's quickly absorbed and fragrance-free. This summer, be a soft touch with Skin Quencher by **Chap Stick®** and proclaim the news with your own "Soft Touch" bath/beach towel. Look for details on **Skin Quencher** displays.

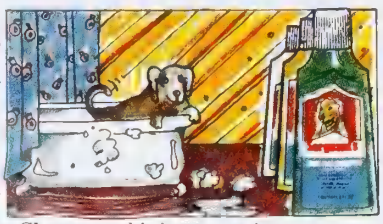
This season there are even more reasons to use Lip Quencher® than its 24 mouthwatering shades and soothing moisturizers and emollients: "Fashion Fantastic Sweepstakes!" Sponsored by **Lip Quencher** and by **No nonsense® Pantyhose**, the Sweepstakes offers over $100,000 in prizes. Details are on displays of No nonsense Pantyhose and Lip Quencher Moisturizing Lipstick. And there's an extra bonus: valuable coupons packed in specially marked No nonsense packages save you money on Lip Quencher. Try **Lip Quencher** by **Chap Stick®**—and at the same time, be sure to enter the "Fashion Fantastic Sweepstakes!"





The Sergeant's® name on rawhide products guarantees they are 100% natural beefhide—and not all manufacturers can make this claim. As **Sergeant's Rawhides** help satisfy a dog's natural chewing needs, they help clean teeth and massage gums at the same time. When you buy Sergeant's, your dog gets that genuine all-beef flavor he loves—and you get 100% assurance of ■ quality, natural product. So whether your dog prefers rawhide chew toys, sticks or bones, he gets only 100% natural beefhide from **Sergeant's**, the people who have been taking good care of pets for over 100 years.

Good grooming brings out the best appearance in any dog, and **Sergeant's® Shampoos** are the finest grooming values you can find. Choose from three quality formulas to make your pet more attractive and more comfortable—just in time for the warmer weather. **Skip-Flea® Shampoo** kills fleas and deodorizes your pet; **Creme Shampoo** adds lustre; and **Anti-Tangle Shampoo** prevents matting and tangling in long-haired dogs. No wonder pet owners have looked to **Sergeant's** products for over 100 years!



Even the best cared-for dogs and cats can have worms. Pet-lovers know this problem can incapacitate and even kill an animal if left untreated. So they turn to **Sergeant's®** proven quality products, specially formulated to treat the most common types of worms. Roundworms disappear with **Worm-Away® Capsules**; hookworms are killed with **Sure-Shot®** and **Puppy Capsules**; and tapeworms vanish with **Tapeworm Medicine**. All these remedies come from **Sergeant's**, the pet care people.



Your Family's Health *continued*

users' leaflet mandated by the U.S. Food and Drug Administration (FDA): "Women who use oral contraceptiv should not smoke." The reason, explains FDA Commissio Donald Kennedy, is that "If you smoke while on the Pill, y increase dramatically your chances of suffering a heart a tack or stroke." Dr. Kennedy says that research shows a "sy ergistic" relationship between the risks of smoking and o contraceptives. Women who smoke and take the Pill have three times greater risk of dying of heart attack or other ca diovascular disease than women who use the Pill but do n smoke. And smokers who take the Pill run a risk ten tim greater than that of women who do neither!

Four million women still do both, however, and Dr. Ke nedy says the new FDA warning to them is both loud a clear: "If you take the Pill, don't smoke; if you must smok find another method of contraception."

BAD PEDIATRIC CONNECTION. Pediatricians often gi poor advice over the phone. This is the conclusion drawn l University of Rochester pediatrician Ellen Perrin, M.D., a nurse Helen Goodman, R.N., after they surreptitiously tap recorded the advice that a woman—masquerading as a mot er—was given when she phoned for help because her "chil was sick or hurt, with a head injury, fever, diarrhea, vom ing or croup. The taped responses were rated according how well each practitioner listened to the "mother," elicit critical medical information from her and told her what to d

Practicing pediatricians scored only 55 percent—in pa the panel concluded, because they listened poorly, tended give "canned advice" and hung up quickly—often witho being sure the "mother" understood the diagnosis or what sl should do. Doctors-in-training did much better, scoring percent. Pediatric nurse practitioners—who are *nurses* n doctors—did best of all, with a score of 91 percent. An ed torialist in the *New England Journal of Medicine*, which pu lished these provocative findings, says they "clearly demo strate the superiority of nurse practitioners in providing telephone management . . . [which is] one particularly impo tant part of primary [pediatric] care." **Er**

Psychiatrist's Notebook

continued from page 44

is also attracted to other people. Thus, if the lover or ma even glances at another person, it can bring on feelings of se hate in the partner, who fears loss and rejection. Short attac usually pass as the stimulating agent becomes resolved.

But this is not true of people who suffer chronic jealous They suffer from a disbelief in their own lovableness, in the sexual attractiveness and in their sexual ability. The essenti problem is deep and exists on a completely unconscious lev so all the reassurance in the world is meaningless. The fact that these people are secretly severely dependent on the sexual partners for any sense of personal adequacy, and a terrified of the possibility of abandonment. They live in drea because their low self-esteem makes it impossible for them believe that they should not be abandoned for a superi partner.

These fears are expressed on a conscious level as constan nagging jealousy. But what makes the problem more difficu is this sense of unworthiness, this severe dependency a fear of abandonment, is a carry-over from childhood.

In effect, a person who is chronically jealous has not grow up emotionally and has never resolved these childhood issue The problems are carried into adulthood and transferred one's lover or mate. "Cure" or "help" is possible, but this a mo t always requires dealing with these problems at the mo basic level; therefore, professional help is necessary. **Er**



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Corky learned a lesson about skunks, and the kennel taught us a lesson about Gaines•burgers.® DOG FOOD He loves it.



When Corky got into a friendly gument with a wild skunk, we d to take him to the kennel for special bath.

And while he isn't particular about his friends, he is particular about what he eats. Canned dog food. Period. And when the kennel had to keep him overnight, I was worried that he wouldn't eat.

Was I in for a surprise.

When we picked him up the next afternoon, he was devouring a bowl of Gaines•burgers like he'd been eating it all his life.

The kennel owner explained that Gaines•burgers® dog food has the moist, meaty taste dogs love, especially since it also comes in three tasty varieties. But, more important, he said it was 100% nutritionally balanced.

Well, to make a long story short, Corky now eats Gaines•burgers every day and loves it. And I love the convenience.

It seems like that poor little skunk taught us all a lesson.



With Egg Cheese Flavor

The canned dog food without the can.

A nutritious combination of meat by-products, vegetables, vitamins and minerals.

Gaines

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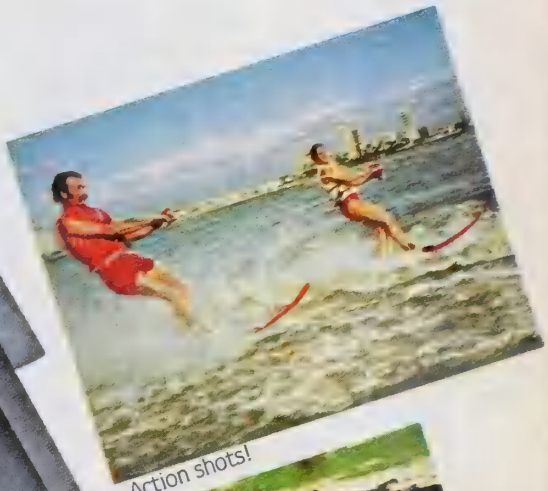
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ASSERTIVENESS TRAINING FOR DIETERS



Assert, not dessert! That's the battlecry of this world-famous weight-control expert. Here's her psychological action plan to help dieters do what's really right for them. By Lois L. Lindauer

Do you want to be thin? Do you *really* want to be thin? If so, assertiveness training can be very helpful in reaching your goal.

Assertiveness training for dieters is a plan of action that gives you permission to do what is right for you. It encourages you to follow through on your feelings, wishes and goals, while at the same time remaining aware of the feelings and needs of others.

When your hostess presses her famous cheese pie on you, you don't want to be impolite and ignore her efforts. So tell her she's a terrific cook, that you love her pie and that you'll take a raincheck until you've lost the weight you want to lose. When your mother brings you that ton of lasagna as her love offering, tell her you appreciate the thought—and God knows you have appreciated the lasagna for the last umpteen years—but now you must lose weight so you'll take a hug, a kiss and another raincheck instead.

It's your body

Afraid of the waiter and counterman? No need to be. They're there to serve you. Politely, firmly, make it plain to them what food you want—and don't want. They'll accommodate you. If it hurts them to do so, too bad. Remember, *you* have to live in your body; they don't!

Communication is the ability to reach others with the message that, "You have your rights; I have mine. And we live in this world together."

Assertion differs from aggression just as fat differs from thin. Aggression tramples; assertion joins forces. Aggression creates hostility; assertion smooths the way. Aggression irritates; assertion soothes. Because of early training, aggression comes naturally, but experience says that aggression produces a *clash* while assertion produces winners.

You cannot assert yourself until you know what it is that you want. Sort out your priorities. Do you want cake or do you want to be thin? Will it be veal scallopini or a two-pound weight loss this week? Pizza or a pretty dress in a smaller size? The vision of a thin you comes closer to reality with each turndown of cake, scallopini or pizza.

Everyone has a personal diet trap that is in conflict with the diet goal. You may reach for the fig newtons when you receive an upsetting phone call or when you want praise and don't get it. Or perhaps it's just a reflex action; as soon as a certain TV program pops onto the screen at 10 P.M., you reach for the bacon, lettuce and tomato sandwich—because that's what you did yesterday and the day before. Next time, figure out why the phone call upset you and deal with *that*. Turn off the television or turn on to celery at 10 P.M. You control yourself; don't let events or habits control you.

Achieving your peace of diet

Achieving a long-term goal is much more satisfying than bowing to a momentary whim. The more you realize this, the more you act on it—and the easier and more automatic it becomes to achieve your goal.

Take a few minutes now to remember some situations that customarily shake your peace of diet. Your ability to be assertive may be situational; for example, you can manage it at home, but you have trouble with lunches at the office—or perhaps at a dinner party you feel guilty if you don't eat what your hostess serves.

Think of your life as a play, with yourself as both author and heroine. Plot a happy ending for your diet story. Create the script you need to deliver your message in a non-threatening, non-judgmental manner, making your needs understood without causing guilt or antagonism.

How do you say no? By saying no quietly and politely.

Mad, glad, sad, bad

In writing your dialogue, include lines of praise from you to others. This will open them to accept your needs and desires. We all live in a world that consists of dieters and non-dieters. You cannot control the behavior and feelings of others; you can only control your own. No one can make you feel mad, glad, sad or bad. You own your own feelings—and you alone are responsible for them. If you don't like them, change!

Sometimes you must assert yourself *to* yourself. This is difficult. Search out what has happened to sabotage your diet in the past. Then head yourself off at the pass. Stop! Ask yourself on your way to the refrigerator or cupboard whether sugar in your mouth and another inch on your hips will sweeten any conflict between you and whoever or whatever disturbs you.

If you're a night eater, make sure you eat enough during the day to sustain your evening. Find a non-eating activity to busy your hands. If chocolate is your downfall (you aren't alone!), then de-cocoa the house until you reach goal. If alcohol destroys your diet, don't drink. If necessary, stay away from friends who do—and from places where it's served—until your extra weight is gone.

The more you assert your will over yourself and make it plain to others, the stronger and more natural the habit will become. As this happens, your need for little dramas will disappear. Each time you speak up for yourself, you grow as a worthy person in the eyes of others—and in your own eyes as well.

The biggest bonus from being assertive is personal growth. Promote this growth by seizing every opportunity to assess your feelings of what's right or wrong for you, to act on these feelings assertively, and to congratulate yourself for all three steps—especially the last.

Hug yourself

How many times have you taken a hunk of fudge when what you really craved was a hug or a kind word? Next time, don't fudge—ask for what you want. Sometimes you will not receive it. Then what? Learn to hug yourself. When the world doesn't applaud, it's all right to clap for yourself. No one knows better than you what a good job you're doing.

By figuring out what you want, keeping your goal in mind at all times, communicating your needs in a clear and direct manner, you *will* be slim!

End

Lois L. Lindauer is International Director of The Diet Workshop, the national, franchised weight-control program.



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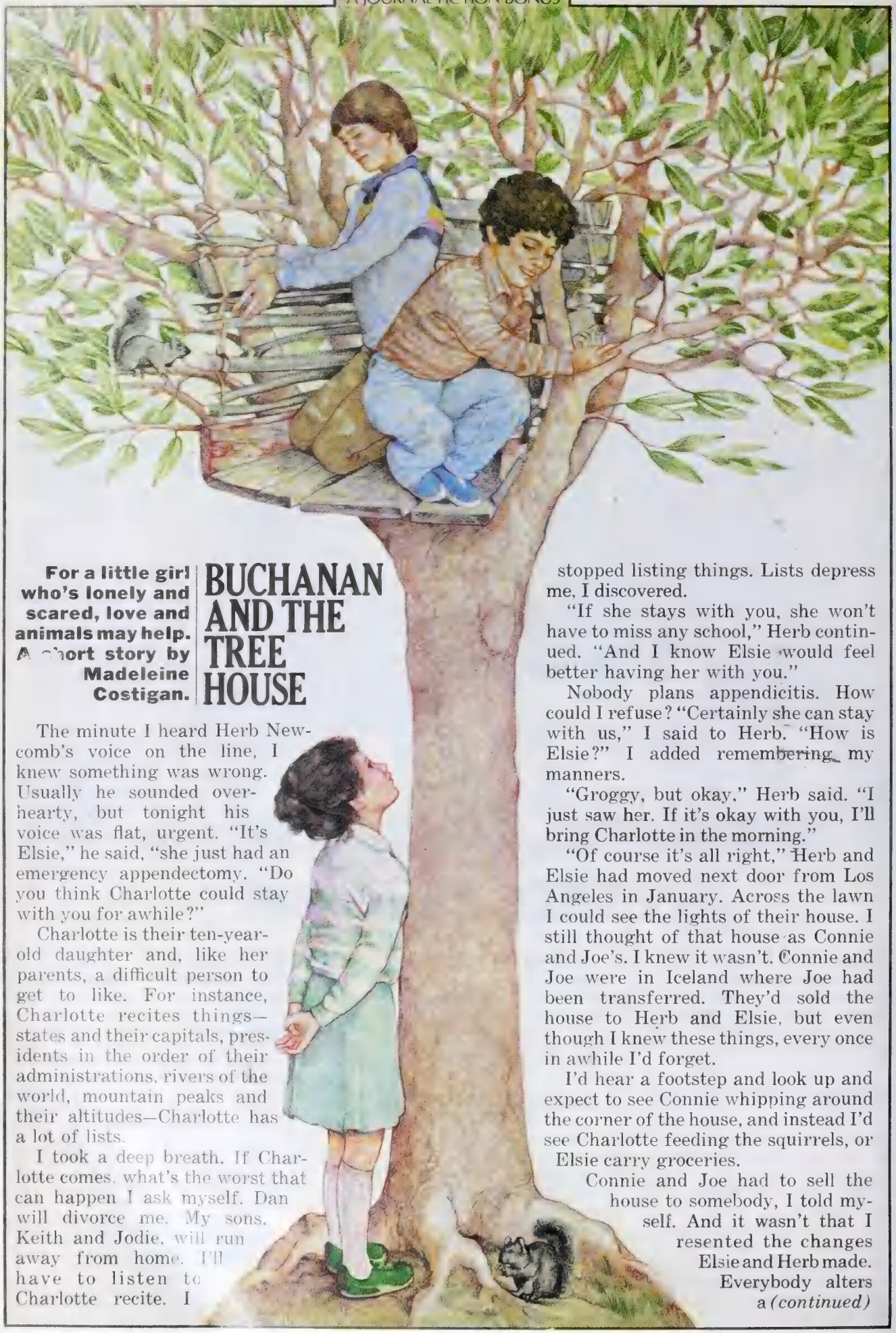
Nova, with its standard 250 Cu. In. 6-cylinder engine and manual transmission, achieved those EPA estimates. Manual transmission not available in California, where estimates are 21 mpg highway, 15 city, with available automatic transmission. Your mileage depends on how and where you drive, your car's condition and available equipment. The Nova is equipped with GM-built engines produced by various divisions. See your dealer for details.

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Chevrolet

SEE WHAT'S NEW TODAY IN A CHEVROLET.



For a little girl who's lonely and scared, love and animals may help. A short story by Madeleine Costigan.

BUCHANAN AND THE TREE HOUSE

The minute I heard Herb Newcomb's voice on the line, I knew something was wrong. Usually he sounded overhearty, but tonight his voice was flat, urgent. "It's Elsie," he said, "she just had an emergency appendectomy. "Do you think Charlotte could stay with you for awhile?"

Charlotte is their ten-year-old daughter and, like her parents, a difficult person to get to like. For instance, Charlotte recites things—states and their capitals, presidents in the order of their administrations, rivers of the world, mountain peaks and their altitudes—Charlotte has a lot of lists.

I took a deep breath. If Charlotte comes, what's the worst that can happen I ask myself. Dan will divorce me. My sons, Keith and Jodie, will run away from home. I'll have to listen to Charlotte recite. I stopped listing things. Lists depress me, I discovered.

"If she stays with you, she won't have to miss any school," Herb continued. "And I know Elsie would feel better having her with you."

Nobody plans appendicitis. How could I refuse? "Certainly she can stay with us," I said to Herb. "How is Elsie?" I added remembering my manners.

"Groggy, but okay," Herb said. "I just saw her. If it's okay with you, I'll bring Charlotte in the morning."

"Of course it's all right," Herb and Elsie had moved next door from Los Angeles in January. Across the lawn I could see the lights of their house. I still thought of that house as Connie and Joe's. I knew it wasn't. Connie and Joe were in Iceland where Joe had been transferred. They'd sold the house to Herb and Elsie, but even though I knew these things, every once in awhile I'd forget.

I'd hear a footstep and look up and expect to see Connie whipping around the corner of the house, and instead I'd see Charlotte feeding the squirrels, or Elsie carry groceries.

Connie and Joe had to sell the house to somebody, I told myself. And it wasn't that I resented the changes Elsie and Herb made. Everybody alters

a *(continued)*

Illustration by Julia Noonan

The E.P.T.™ In-Home Early gnancy Test is a private e revolution any woman n easily buy at her drugstore.

It is highly accurate. lions of women today in European countries use this ting method. Now its high curacy rate has been verified e in America by doctors o clinically confirmed the ults of tests performed by omen themselves in their n homes.

That means you can confintly do this easy pregnancy r yourself—privately—right ome without waiting for pointments or delays. That ple difference is the result of ny years of costly research. d it's worth every penny.

At last, early knowledge of gnancy belongs easily and curately to us all. It's simple. t. And there is no risk, no ysical danger whatever, in ing it because a sample of ur first morning urine is all t's needed for the test.

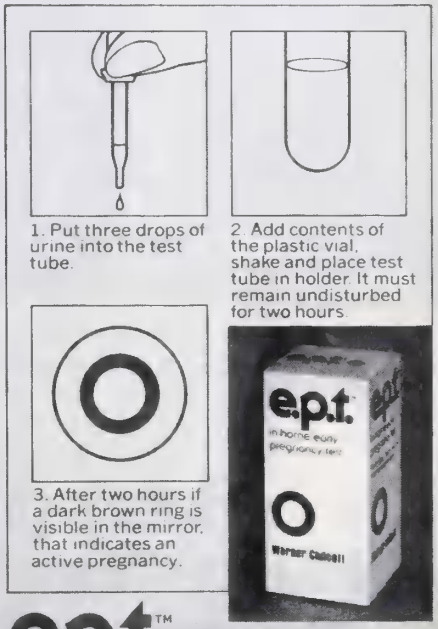
As soon as you become gnant, your body starts to duce a special hormone—G. Starting on the 9th day er the date you expected ur menstrual period to begin, ere should be sufficient contration of HCG in your urine give an accurate reading of gnancy. And that's all there o it. Follow the test directions th care, and three drops of ne can tell you quickly and sily what you want to know.

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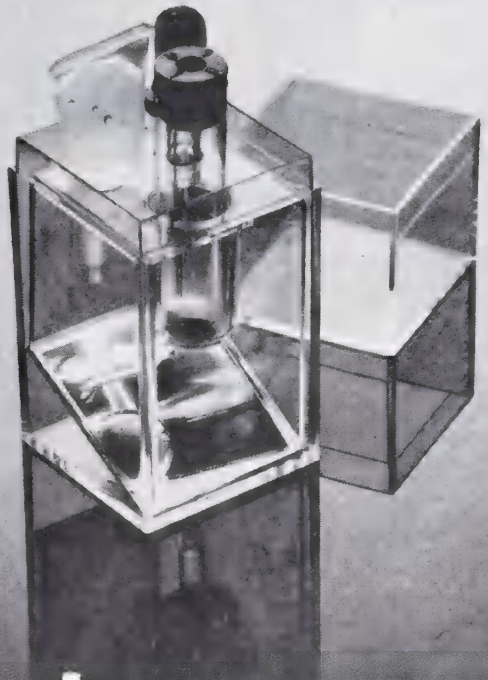
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TREE HOUSE

continued

house. Sure I felt a twinge when I s the wallpaper Connie and I had hung the den go out in the trash. But the n week I saw carpeting we'd picked rolled up and tied neatly with twi sitting on the curb on trashday, an began to feel uneasy.

In March, Herb and Elsie invited to a cocktail party. A few days befor went over to ask if there was anythin could do to help: supply ice, free space, food?

"No, thank you," Elsie said breez "But you can help us now. Come into living room. Herb and I are havin spat and we need an arbitrator."

"Not me," I said, but she had me the arm and was calling, "Herb, l who's here."

The "spat" was over which paint should get the place of honor ove huge alabaster bison, which was focal point of the room. Both painti had a rather nightmarish quality ab them. One depended on chaotic col and a maze-like series of lines, or w they tracks? The other had a smo cavernous aura that reminded me o steamy mirror. I chose the one with chaotic colors.

"Why?" Elsie asked.

"Because it's more disturbing," I swered. Connie and I had overhear similar situation in an art gallery solved that way. We'd laughed all way home.

"She's right," Herb said jovially c ceding, and insisted I stay while t hung the painting. I had a sinking f ing. What would they make of our c fortable sort of mix-and-match liv room where an arrangement of pain corn and macaroni flowers made w Keith was in first grade mingled w carved ivory and rosewood?

"Now be nice to Charlotte," I said the boys at the breakfast table. " member, her mother is in the hospit

"Not for long, I hope," said Jo scowling.

Jodie was annoyed because I'd mo him in with Keith so that Charlotte co have his room. I suspected Keith hel grudge of longer standing. Once, w Herb and Elsie had invited a few fa lies from the neighborhood for Sun brunch and Charlotte was reciting list of presidents, Charlotte couldn't member who came after Pierce. Eve body leaned forward looking strain especially Herb. It seemed Charl never could remember who came a Pierce, and he knew she wasn't going remember now. He looked over at K and said, "You tell her, Keith."

I saw the back of Keith's neck go p and then scarlet as he *(continu*

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TREE HOUSE

continued

shook his head signifying he didn't know. Later Herb apologized, "I never dream a bright boy like Keith wouldn't know his presidents."

"Forget it," I said to Herb then, but now I wondered: had Keith forgotten the incident?

"We could build a tree house after school," Keith said, looking out the window at the newly-green backyard. "A nice high one."

A tree house. Sort of a home away from home? Not too far from the food supply? So much more practical than running away, especially when you're nine and eleven years old.

"In the willow tree," Jodie agreed. "And have a password—something hard," he added, his voice gaining enthusiasm.

"Buchanan!" Keith exclaimed, his eyes narrowing with satisfaction. "Buchanan," he repeated as though actually savoring what a perfect password he'd thought of—the president Charlotte could never remember, and he would never forget.

I looked across the table at Dan. It was not one of our proudest moments.

The doorbell rang. "While Charlotte's here," Dan said, giving each boy a long, hard look, "I expect you to be nice to her. Understand?" The doorbell rang again. "Understand?" Dan repeated.

"Yes."

Charlotte was carrying a blue suitcase and a dog-eared book, *Know Your Constellations*. Herb stood beside her looking gray and tired. Probably he hadn't gotten much sleep. "I'll stop in tonight after visiting hours," he promised, giving Charlotte a quick goodbye kiss.

"Come on, Charlotte," I said, hoping my smile looked bright and welcoming, "We'll just show you where your room is and put your suitcase in it."

Keith gathered up his lunch and his schoolbooks, "Hurry up or we'll be late," he said to Jodie.

"We'll hold the bus," Jodie called as the door slammed after them. I wouldn't count on that, but at least he sounded friendly.

Charlotte gazed uncertainly around Jodie's room, past his collection of smooth stones, the bleached deer bones, the coffee can half-filled with pennies. "It's a very nice room, Mrs. Bartlett," she said, her eyes looking slightly past me toward a view of the house next door, "but I think I'll just go home when my father comes tonight and sleep in my own bed." She was still holding on to the blue suitcase. "I really won't need to unpack this," she added putting it down.

Until now I'd been so preoccupied with my own children, I hadn't given much thought to what this must be like for Charlotte. Wherever her parents went, they took her with them. At their parties she frequently finished the night dozing in a chair by the fire, tuning in and out on the talk that flowed around her. Herb and Elsie had been in their late thirties when Charlotte was born. "We waited a long time for her," I'd heard Elsie say frequently. "We're not leaving Charlotte with any babysitters." But this morning Elsie was in the hospital and Charlotte was alone.

"I think it would be fun to have a little girl around here for a few days," I said to Charlotte, putting my arm around her sturdy little body, "but we can talk about that after school. Right now I think you'd better catch your bus."

"Okay," her dark eyes reflected her reluctance.

At the door, I said, "It might be fun for you too, Charlotte."

"Maybe," she said doubtfully and gave me a slow, wary smile. I watched her as she walked off down the street, a serious, slightly chunky little girl with curling dark hair, carrying a strange, unfamiliar world on her shoulders.

After school Charlotte arrived home with a handful of peanuts.

"These are to feed the squirrels," she said, "Zipper and Sunshine."

So the squirrels had names. I found that reassuring. The two of them came up to the patio and ate out of her hand. Underneath the willow tree Keith and Jodie were starting to work on their tree house. When they saw Charlotte and the two squirrels, they stopped to watch and continued watching until the squirrels scampered off, but they didn't invite Charlotte to help.

"How about some milk and cookies?" I called to all three of them, even though deep down I figured that two out of the three deserved bread and water.

Herb came that night with the happy news that Elsie was doing well. I'd held off calling her today thinking it was still too soon.

"Tomorrow, she'd be glad to hear from you," Herb assured me. He turned to Charlotte, "Have you been stu your constellations?"

"I can't find the book, not anyw Charlotte said, as though she'd spe entire afternoon searching.

What happened to it? I look Keith and Jodie. They looked inter

"Did you take it to school?" asked.

I remembered seeing it in the ki after Charlotte left, but for some r I didn't say anything. I just sat looking interested too.

"I'll check my desk tomorrow," lotte promised.

Keith and Jodie exchanged a r ingful glance, rolled their eyes up but said nothing.

"Don't you think it would be n recite the constellations for your m when she comes home?" Herb Charlotte.

Charlotte's wide, dark eyes stre a little wider. She seemed very sma ting up too square and straight in th channel backed chair. Her expr was unhappy. "If I can find the b she said, and then sliding to her fe think I'll go to bed now." She'd tioned nothing about going home one word since this morning.

"Okay," Herb said lightly, tight." And off Charlotte went.

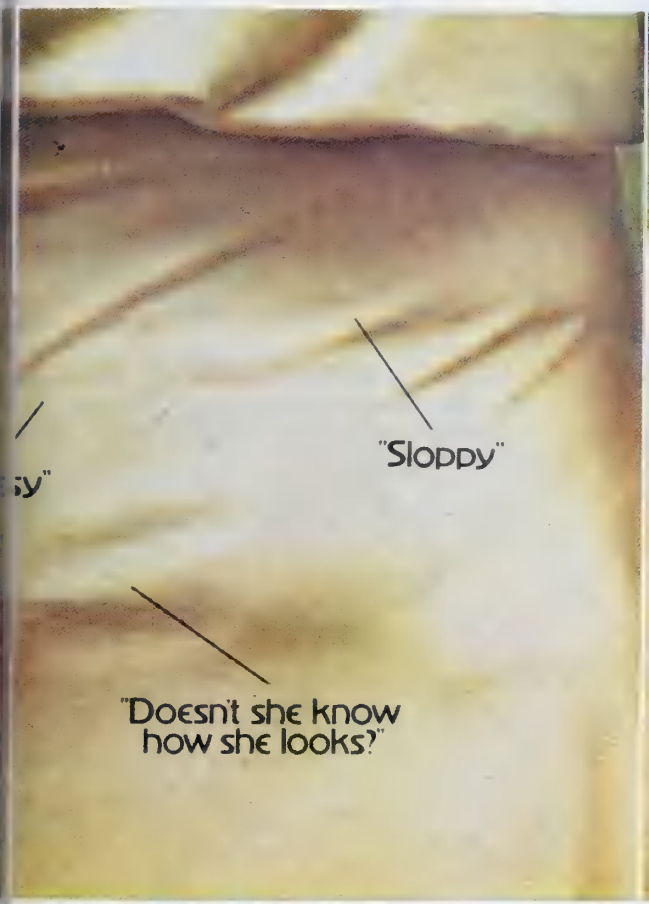
My thoughts were on the m book. Where was it? In the blue case? In the tree house? Genuinely

Immediately after school the nex Charlotte went out to feed the squ Keith and Jodie had set up a pul the willow tree to transport buck mud up to the tree house that now floor and three walls of branches. were industriously slathering mu tween the branches. "Mortar!" would shout every once in a while Jodie would swing through the bra slide down the tree and mix up an batch of mud. In a very short time faces, their hair, their clothes crusted with mud. It looked like fu

Charlotte stood watching a few utes, and then sauntered *(conti*



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TREE HOUSE

continued

over. It was a very slow, halting kind of saunter. A there was this stone she was kicking along and it just to lead her in that general direction.

"Mortar!" Keith called out.

"I'll get it," Charlotte said as Jodie slid down the tr

"You can get the mortar," Keith called back, "but yo come up to the tree house unless you know the pass

"I'll give you a clue," Jodie volunteered. "It's a p name."

"A person I know?" Charlotte asked.

"Not exactly."

"A person you know?"

"Not personally."

"Hmmm," Charlotte said thoughtfully, clearly fas with the game.

"Mortar!"

"Coming up," Jodie called. For the rest of the aft the pulley squeaked and groaned, responding to the demands that came from the tree house.

Herb came for dinner that night. Before he left, sented Charlotte with another book, *Rivers of the* "Don't lose it," he said.

But she did, the very next day. Had she hidden it? dered. Or were Keith and Jodie responsible for the disappearance?

It didn't seem fair to mention the matter to Elsie wh was in the hospital. I questioned Keith and Jodie pr Each one assured me with a steady gaze he knew n about the whereabouts of the books.

"Honest, Mom, I wouldn't lie to you," Jodie said ing hurt that I even thought there was a possibi would. I looked back at him, wanting to believe h chillingly aware that if he was lying, he was very plished indeed.

The day before Elsie was to come home, the spring w turned unseasonably wintry. In the backyard the thre roof of branches, ferns and sticks was almost fi Charlotte was working the pulley while Keith weigh ferns with sticks so that they wouldn't blow away, an reinforced the ceiling with mortar. A storm was forecas were feverishly trying to outrace the weather.

I had put off calling Elsie all afternoon. Now that time to start putting things back into the blue suitcase in no hurry to do it. "I think it would be fun to have girl around here," I'd said to Charlotte that first day it had been fun. Even Keith and Jodie thought so. breakfast table this morning, when she was trying to the password, Keith gave her his final clue.

"The president that's hardest to remember," he said way inhibited by historical fact or personal experience. body leaned forward while Charlotte concentrated.

"It's that one after Pierce," she said frowning, the her front teeth into her lower lip. "I know—Buchanan

Keith and Jodie cheered. Charlotte's eyes shon her smile was as wide as the sky. Dan and I just across the table at each other, sharing a proud m Everybody had come a long way in the past severa including Buchanan.

Now I glanced out the window at the thermometer ing the past hour the temperature had dropped seve grees. I went to the hall closet to find jackets for Keith and Charlotte. All three needed warmer clothes. The something flat and hard in the pocket of my husband' coat when I brushed against it. I reached inside and out *Rivers of the World*. In the other pocket I found *Your Constellations*. I was standing there looking books when Charlotte came to *(continued on pag*



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SUSAN NEWMAN

Paul's daughter seeks her own place in the sun. By Stephen Decatur

Susan Newman, Paul Newman's eldest daughter, is emerging as an actress in her own right—without Papa's help, thank you. At 24 she is starring in *I Wanna Hold Your Hand* and has a featured role in *A Wedding*, which stars Mia Farrow, Vittorio Gassman, Carol Burnett and Geraldine Chaplin.

Susan bears little physical resemblance to her famous father, but she *has* inherited his fierce independence and determination. Both traits show in her attitude toward acting. Susan says she wants to be an *actress*, not a *star*—at least not a star on the grand scale of her father.

"I'm an achiever," Susan says, "but I don't want to achieve as much as Dad has. That's too much for me. That's over-dosing on acting—and all the things that go with being a star.

"I know what stardom is; I've seen it with my father. I realize he is the ultimate star, and I think the terminology is negative. Being a star and being a good actor or actress don't necessarily go hand in hand. Dad has paid certain dues that I couldn't pay. I'd like to be well respected and work steadily. But I want to keep my options open. I want to work enough to see if I'm going to make it or not—and I hope I have the foresight to know if I'm clicking or if it's time to get out.

"I've been exposed all my life to a superstar actor, which makes it even more difficult for me. In the last few years I saw my father only as Paul Newman, superstar, while traveling with him in this country and in Italy. I couldn't believe how visible he was. People appeared from nowhere to see him. I couldn't handle it. I'm much more a private person. My father is private, too, but he likes to have his friends around him. I don't like to have my own friends around me that much.

"Believe me, if I ever reached Dad's level of recognition, I would blow my brains out. I couldn't handle so many people all the time. It's dreadful. I would become another Garbo and cut out at the top of my career.

"I've heard all the Paul Newman stories, but a few years ago a man stopped me to say, 'I hear you're Paul Newman's daughter.' I said, 'That's true.' Then the man said, 'You should be very proud. Your father is a very honorable man.' That stuck with me for a long time. You don't hear the word *honor* much in this day and age, especially in show business.

"Dad puts up with his celebrity status very well. He has more patience than I do. I appreciate what my father does as an actor, but it's hard for me to look at his work objectively. I admire his craftsmanship and physical stamina. He is incredible."

And what about Susan Newman?

Susan is tall, five-feet, eight and a half inches, brown-haired, fair and an introvert who describes herself as a loner. On film, in stills and in person, she changes greatly in appearance—one moment looking like an all-American girl, the next like a Parisian model and again as a young housewife.

She is the only one of Newman's five daughters pursuing an acting career. Her brother, Scott, 27, has done some acting and stunt work.

Susan, Scott and sister Stephanie, 22, are Newman's children by his first wife, the former Jackie Witte. Newman's offspring with Joanne Woodward, Nell, 19; Lissy, 16 and Clea, 12, have shown no desire to ent show business. (Newman's fi wife Jackie married him in 194 They were divorced in 1958. Sl has remarried and lives in Sout ern California, 20 minutes fro her daughter Susan.)

"I was reared by my mother," S san explains. "Scott and Stephanie a I had a very normal, middle-class u bringing. I guess you could say v saw as much of our father as any ch dren in a divorced family. Then the was Dad and Joanne and *their* famil It's very interesting when my fami gets together.

"I can't be with them for any supe long period of time. We are all individualistic, so different and bright that it's really frightening. M families share common interests th bring them together. Not my famil It's really diversified: acting, zoolog art, the dance, nature work, horse everything imaginable. There's much vitality and variety that it c ates tremendous energy. And if you all stuck in one room, it gets a l overwhelming. But I love them all. think they feel the same way. But th share my feelings about putting spa between us, too."

Susan freely admits that during h adolescence she was a pain in the ne to her parents—and to Joanne.

"From the age of fourteen to seve teen, I was intolerable," she said, gri ning. "I was known to lock myself my room for a year of my life and o come out when I had to. I'd co home from school and read or croch in my room. Part of it was not wanti to get out into the main flow. I did want to start taking heavy drugs t way so many of my peers were.

"I've done some crazy things. I sure I'm one of the few people America who has fasted *(continue*

Photograph by Joel Baldwin. Susan Newman's hair and makeup by Susan Duffy.

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WHY SETTLE FOR LESS

SUSAN NEWMAN

continued

thirty-eight days. I was seventeen in love with my French teacher. He about four-feet-eleven and I was eight and weighed about one-hun- l and fifty pounds. I decided it ldn't work and went on this crazy fast. I lost forty pounds. I also got sick.

I still fast for two or three days each th or so to control my weight, and health reasons. I'm a real health ict. I'm careful about my diet—ex- when I go on an eating binge."

usan says she does not make friends ly, partly because she is wary of peo- who go out of their way to be friend- with her. "Being Paul Newman's ghter has something to do with it," explains. "It's whether a person is rested in me or just wanting to be ted home to meet my father. I am aware of those thoughts, especially n it comes to men.

'm no Pollyanna. I've done a few ally unacceptable things in my life, I've done them on a much lower e than most of the people my age. an addictive personality, but I re- to get involved with things like gs or alcohol—or with people I think 't good for me.

No special man

'm cautious with men. I don't want e a notch on a bedpost with a star t because my father's famous. If I'm g to have an affair, I want to have it ny terms. I have to know a man a time before I make a commitment. e're going to be intimate, then we're going to have a relationship. It's , but it's lonely, because most of my eration doesn't feel that way."

usan has no special man in her life. discovered that the demands of mov- aking leave little time for romance. uring the nine weeks it took to shoot *anna Hold Your Hand*, she spent 15 rs a day on the set at Universal.

did nothing but get up and go to k," Susan says. "I got home late, ked out, studied my script and went ed. Exercise is my one therapeutic et. I'd go crazy if I didn't do it every and really work up a sweat. On kends I did laundry and cleaned se. There was no time or desire for ance—and I never thought I'd live ay that. But your libido goes right the window. You're just not recep- to romance when you work that l."

bout five years ago, Joanne Wood- d took Susan—who chose not to go ollege—to New York for a holiday. ily friends encouraged her to re-



Heublein • Pink Squirrel 30 Proof ©1977 Heublein, Inc., Hartford, CT.

main in Manhattan to pursue her acting studies.

For almost two years, she worked at the Circle in the Square, appeared in workshops and acted "in plays you never heard of in places you wouldn't believe." She lived in dark, over-priced little apartments while she took classes in acting technique, speech, dance, pantomime, etc. She appeared with other hopefuls in grimy little buildings without an audience and without pay.

After two years, she quit cold. "I dropped out of everything," Susan recalls. "I bought a couple of cats—Slick and Quixote, who are still with me—and I spent twenty-four hours a day, seven days a week, with them."

When things were darkest for Susan, her father came to the rescue—as he has done so many times on the screen. He telephoned from Johnstown, Pa., where he was making *Slapshot*.

"Dad asked me if I wanted to work for him in a small acting part. It turned out I became an everything for my father—girl Friday, secretary and 'go-fer' for three and a half months. The acting was minimal. The important thing was spending so much time with my father because I hadn't seen too much of him for a couple of years."

After *Slapshot*, Susan returned to California and unemployment. Finally, she landed an acting role in a dinner-theater, playing an 18-year-old porno star.

"I played the first act half naked," Susan giggles. "I'm not *(continued)*

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SUSAN NEWMAN

continued

the most endowed girl, but I wore a bra showing plent cleavage, glorified underpants split up to my hips and a of boots. I'm very modest, so the play was a real psycholo challenge for me. It was the first time I ever worked for hundred and fifty people in a dinner theater where all men had had a few drinks and made comments on anatomy.

"A lot of the audience came to see a girl running aro n her underwear, but none of them came to see Paul N man's daughter—because I used another name!"

Susan spent last summer in Waukegan, Ill., makin *Wedding*. She doesn't expect to stand out in the movie, serving, "If it comes to cutting footage of me or Vitt Gassman, guess who's going to go?"

When Susan returned to California, she narrowly mi good roles in several important pictures. She was never aware that she was Paul Newman's daughter and often w dered how much the fact of her birth helped or hindere

Then she was called in to read for *I Wanna Hold Hand* for producer Steven Spielberg (who made *Jaws Close Encounters of the Third Kind*). The script called six starring roles, and Spielberg was looking for six relati unknown actors.

Susan tested for all three of the female leads. After w of waiting, she heard that the parts had gone to newcor Theresa Saldana, Wendie Jo Sperber—and Carrie Fisher, daughter of Debbie Reynolds and Eddie Fisher.

"I managed to deal with the rejection, all right," S said. "Then two days before shooting was scheduled, so thing didn't work out with Carrie and they called me more tests. I came in on a Friday afternoon at three o'cl By five A.M. on Monday, I was working.

"When I replaced Carrie, I thought they wanted to rep the child of one star with the child of another. I thought were interested in me because I was Paul Newman's dau ter. But I had a wonderful surprise in store for me. A w after shooting began, the director, Bob Zemeckis, 'Susan, are you Paul Newman's daughter?'

"I was amazed. So I said, 'Bob, that's the nicest thi ever heard. If you hate my performance, if I ruin this mo that is the nicest thing you could have said.' "

Susan is convinced her performance in the picture ma the most important of her career.

"I'm too young to be egocentric," Susan said. "But movie is either going to make me a credible actress or A lot of people still think, 'Aw, gee, isn't that cute! P daughter wants to be an actress.' The role isn't what I'd h selected if I'd had my druthers. It's comedy and I pr drama. But it will be interesting to see how it works ou play a seventeen-year-old Jewish activist, which is quit change from the WASP characters I've usually played."

Susan's parents never encouraged her to become an act

"I don't think Da wants me to act," she says "but would never do anything to hurt my being an actress. will help me when he can. When I don't know what to with a role, I take the script to him and we talk about i he reads it and gives me feedback.

"I would like to work with Dad and be directed by h We've talked about it, but it's all very iffy. It's hard to this family all focused on the same project. I think Dad fine director, and directs women very well. I would lov do a project with Joanne and have Dad direct all three of He could tap some things in me nobody else could. C could be a nightmare because I would become so inhib I'd wouldn't be able to move. It could go either way, I'd sure like to give it a try."

Help Yourself



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JAWS II

Former President Ford's photographer daughter goes on location with a school of fun-loving movie sharks. Here's her picture-and-text report.
By Susan Ford



When you're a working girl, you're a working girl, whether you're the daughter of a former president of the United States or a dropout from the University of Kansas. And I'm both. It comes down to earning a living, and I've chosen photography as an exciting and challenging career.

Daddy bought me my first camera while on a trip to Russia and Japan during his first year in office. I became interested in photography thanks to David Kennerly, the White House photographer. David loaned me a camera and told me he thought I had the eye and flair for composition. He advised my dad on what kind of equipment to buy when he was in Tokyo.

I think photography is what I do best because I'm always nervous when I'm working. While Daddy was in office I was a part-time photographer for the Associated Press in Washington. I covered Capitol Hill, the FBI and congressional hearings. Later I took news pictures of fires, auto wrecks, fashions and real estate for the *Topeka Capitol-Journal* while I attended the University of Kansas. I also illustrated stories for several magazines, including *Ladies' Home Journal*.



"Jaws II" star Roy Scheider with producer David Brown: There was a different kind of "moon" over Florida, Susan Ford reports.

I thought I'd pretty much had a good foundation in photo-journalism, but all of it was nothing compared to walking onto a movie set for the first time as special photographer for *Jaws II*. That was a far cry from anything I'd ever done before.

It began when I left Kansas last April. I'd spent more time traveling than I did in class, and the dean suggested that I drop out for a semester, which is what I wanted to hear, despite my mother's and father's objections.



Brown and co-producer Dick Zanuck: Nary a smile for the former president's daughter—but it was all a gag.

I slept on a couch in my parents' Rancho Mirage home for a month because there were no other free beds in the house. Finally, I telephoned my agent—Norman Brokaw—and told him I needed work. I was broke and I had to start supporting myself. A couple of weeks later, he called back to tell me I had a four-week job with *Jaws II*.

The last week of June, I flew from Topeka to Martha's Vineyard in four different planes: a little prop job to Kansas City, a jet to Chicago, a jumbo jet to Boston and then a little butterfly of a plane from Boston to the Vineyard, an island off Cape Cod, Mass. I love to fly, but not that much. I arrived exhausted.

A man named Al Ebner, the Universal Pictures publicity man on the film, was supposed to meet me at the little airport. I didn't know what an Al Ebner was and he'd never seen me before in his life. When I got off the plane, he was looking at my baggage tags and thinking the initials S.F. stood for San Francisco, at least that's what he told me. He was wearing a *Jaws* T-shirt, so I spotted him immediately. He was my boss and mentor. We became close friends.

It was a Sunday and the film company, which had been shooting for about a month, was off playing softball. I changed into blue jeans and went to the field. Roy Scheider, the star of the picture, was pitching. It was a good opportunity to meet everyone when they were relaxed and enjoying themselves.

But it didn't help my nerves the next day. I'd never been on a movie set. I had no idea what was expected of me or what my duties were. I knew and understood my Nikon equipment, but movie sets have their own rules and working structure.

Al gave me an instant course in protocol. He explained, among other things, that I wasn't to click my shutter when the movie cameras *(continued)*

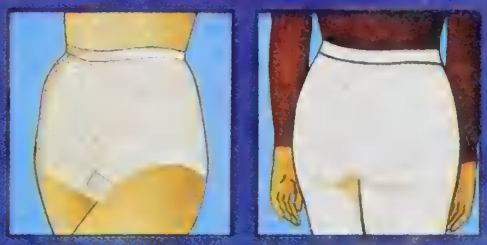


Susan in a bikini and T-shirt. She got so sunburned she couldn't put the camera strap around her neck.

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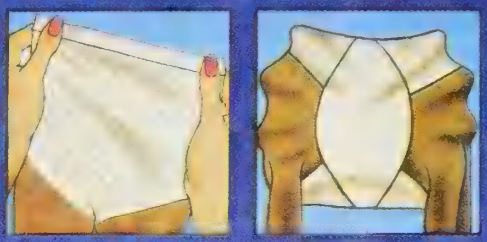


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JAWS II

continued

were rolling and to stay out of range of their lenses.

The most important figure on any set, I learned in a hurry, is the director. Our director was John Hancock. When we were introduced, he nodded, said hello and that was all he ever said to me. I watched the unit still photographer for some clues, but he didn't speak two words to me the whole time I knew him. I appreciated being treated as a professional, but I also believe that being friendly doesn't hurt, either. I was a nervous wreck, partly because I feel that way on any new job and partly because of the surroundings and atmosphere. There were about 350 people in the cast and crew, and I wanted to be accepted as one of them, not as the daughter of a former president. I was afraid of getting in people's way and I didn't want to make any mistakes.

The stagehands were great. They weren't impressed that I was Gerald Ford's daughter. They aren't impressed by anyone. They've seen the greatest stars in the world for years. They didn't overreact or underreact to my presence.

Even visitors to the set left me alone. People don't expect to see a former president's daughter working in a bikini or in cutoffs and a T-shirt.

I discovered soon enough that movies are anything but glamorous. It's hardest job I ever had. Everything hurry up and wait. John Hancock w shoot the same scene time and ag sometimes 14 times. It gets very bo I found myself wondering about important things as whether Scheider would go to the beach in afternoon to do his yoga.

After a week, I left for California schedule called for me to shoot on t different visits as the picture progre I was supposed to return when the pany moved to Navarre Beach, Fla. a day or two after I left, there w blow-up among the creative minds *Jaws II* closed down.

I went to Vail, Colo., for Daddy's tournament, got some sun, played tennis, had a good time and leeche my parents. Then I went to Califo bought a condominium not far their home and moved all my po sions from Topeka to Palm Desert.

At last word came that *Jaws II* w production again, six weeks aft closed down. Navarre Beach is abo miles east of Pensacola and pretty isolated from the rest of the world.

When I returned in September it like old home week. I'd been gone months, but it was as if I were greeted by old friends. When I got t I was introduced to the new dire Jeannot Szwarc. He was warm friendly, and that helped.

Part of the team

This time I felt as if I were part o team. I hadn't felt that way in the yard. I even picked up two nickna For some reason Al Ebner began ca me "Sam." Some of the others ta me "Glenn"—as in Glenn Ford.

I'd found my niche. I knew wh belonged and what I could do. chased most of my nerves away. I lunch with the crew every day a caterer's truck and at night I'd have ner with Al or David Brown, who duced the picture with Dick Za

David had a running gag with He bet I'd never get a picture of hi Dick smiling because "producers smile." And I never did get one. W ever I saw them grin and started to a picture, they'd frown.

There's no way I can tell you much trouble Roy Scheider gave when I tried to get candid shots of He's a wonderful, funny man, an made horrible grimaces whenev saw me with the camera.

I loved becoming a working me of the company. One day I was s ing at the end of the chow line b all the extras when the second assi director, John Cretchmer, came by said, "Susan, you're a member o crew. Get to the head of the line. explained that we crew members had 40 minutes for lunch, *(contin*



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JAWS II

continued

while the extras and actors got an hour. That really made me feel I belonged.

Jeannot Szwarc was super. He was born in Poland and reared in France. He teased me all the time, pinched me on the bottom and gave me bear hugs. One day on the beach, he was high up on a boom and I wasn't paying any attention to him. It was getting late in the season and the women on the set would come bundled up in the morning to ward off the chill. But as the day progressed and got warmer, we'd peel off our outer layer of clothes. It was about midday and I was sitting in a director's chair having shed my clothing until I was down to my bikini.

Then, from out of the sky, Jeannot bellowed over the loudspeaker, "Hey, that's not a bad angle." Everyone looked in my direction and I admit I blushed.

At the noon break we'd go swimming, sailing or water skiing. It was fun, but it was tough, too. The sand at Navarre Beach is white and really reflects the light. I'd wear T-shirts or bikinis and get sunburned every day. I got red as a lobster and my shoulders were so swollen and tender it hurt to put the camera strap around my neck. At night I'd douse myself with vinegar and water.

I'm 20 going on 30. I guess you grow up faster when you live in the White House. Even though I was the new on the block on the movie set, I tainly didn't feel I was the youngest.

I learned a great deal about photog phy, too, thanks to Jim Coe, the r unit photographer. He helped me ev way he could. We became close frie

I'm afraid of heights, but one da went up in the cherry picker, the h crane they use for panoramic shots. J Black, the key grip, took me up an got pictures I wanted hanging there a basket, 70 feet above the ground, ing to keep from trembling so I woul shake the camera.

It was a wonderful two weeks. I again with the understanding I'd ret for a final week of shooting in Flor

I flew to Palm Desert and settled i my condominium for six weeks. I wor a lot of little jobs to earn some mo I was just a working girl.

In December I went back to Nav Beach for my final week's work on *J II*. Again it was like a family reunion

"Moon" over Florida

It was during my final week that Scheider "mooned" me. He was ric in one speedboat and I was in anot shooting boat-to-boat. When Roy me taking pictures, he stood up, tur his back and fiddled with the belt on trousers. Was he *really* going to try lywood's latest gag—which is the cessor to "streaking"? Yes, he was! D came his trousers and he "mooned" r a distant encounter with a star's rear! I laughed so hard my lens fog up. They tell me at the Universal lab that the shot turned out well, but sure it's one picture of Roy Scheider will never be published. I want to h it enlarged and have Roy sign it.

It was very sad leaving the comp for the last time, saying goodbye David Brown and Dick Zanuck, Scheider and Jim Coe, the camera c and Jeannot. They always tell one other, "See you back in Hollywood." they never do.

Since then, I've kept busy workin the Jim Nabors TV show. I feel n comfortable shooting pictures standing in front of TV cameras. I g I had enough of having my picture t when I lived in the White House. B have more respect now for what pho raphers do. By the same token, I l off when people ask me *not* to take t pictures. I know how that is.

I've kept in touch with Al Ebner still calls me Sam. Al and I and som the others will be going on tour *Jaws II* in May and June. We'll be tra ing with some poster-sized blow-up my pictures. I'm looking forward to And, like everyone else concerned the picture, I feel as if I've helped tribute to it. Right now I'm rooting *Jaws II* to become the biggest hi them all.



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*Hopkinson, J.H. et al. "Effective Pain Relief: Comparative Results With Acetaminophen In A New Dose Formulation, Propoxyphene Napsylate-Acetaminophen Combination, And Placebo." *Curr Therap Res* 19:622-630, 1976. Smith, M.T. et al. "Acetaminophen Extra Strength Capsules Versus Propoxyphene Compound-65 Versus Placebo: A Double-blind Study of Effectiveness And Safety." *Curr Therap Res* 17:452-459, 1975. The kind and amount of analgesic (acetaminophen) employed in the tests are the same as that contained in two tablets of Datril 500.

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THE KITCHEN BOOK: Work Surfaces

How well a kitchen functions depends, in large part, on the amount of counter and other work surfaces. How these surfaces are covered is a critical decision in all kitchen planning—a decision that can be made intelligently only if you know what's available. Here, from Terence Conran's best-selling *Kitchen Book*, are several choices. Not surprisingly, no one surface is ideal. The perfectionist's kitchen would have a different surface for every purpose—a heat-resistant ceramic or stainless steel area near the cooktop, a cool marble or slate area for rolling out pastry, and a solid-timber chopping board. Few builder kitchens offer such variety, but if you're planning or remodeling your own, you can easily install the variety of surfaces that best suits your cooking needs. *(continued)*

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THE KITCHEN BOOK: Work Surfaces

There are, of course, work surfaces other than those pictured. • Stainless steel, for one, is commonly used as a sink and drain board material and can be enlarged to include a whole counter, with cutouts for sink and cooktop. The surface can be matte, polished or patterned. The disadvantage of noise can be overcome by gluing insulation board to the undersides of the work tops. Only the best quality is truly stainless; otherwise it is hard-wearing, withstands extremes of heat and is very easy to clean. • Polished copper makes a beautiful bar counter, but is probably not practical for daily use as a worktop. • Slate is a good alternative to marble and also makes a good drainboard. For a work top, choose slate with a polished finish. • Corian is a patented marble look-alike plastic material, easily cut and shaped, nonporous and easy to clean. Unlike marble, however, it is warm to the touch.

4. Marble is the perfect surface for pastry-making; beautiful and expensive. Oil and harsh spirits will cause stains.



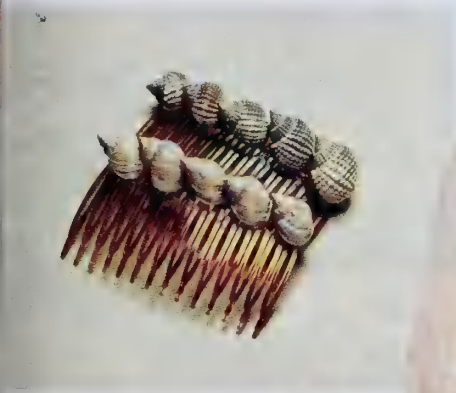


5. Polypropylene makes an excellent chopping surface, like this one framed in antique ceramic tiles. Fairly inexpensive.



6. Another ceramic tile surface, this one of hexagonal tiles set into the top of a cooking island. Tiles are best stuck directly to the baseboard and grouted in.

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MY FRIEND ELVIS

What was Elvis Presley really like? In a revealing new book, condensed here, his friend for 25 years—best man at Presley's wedding (below)—writes the inside story. Read the truth about Elvis's "drug problem," his women, his bizarre life. A Journal exclusive! By Marty Lacker & Leslie S. Smith

Elvis never talked about it publicly, but he wanted to become an undercover agent for the Federal Bureau of Narcotics. In December, 1970, he surprised all of us with a secret trip to Washington, D.C., where he arranged a meeting with President Nixon to discuss the matter.

Elvis arrived at the White House dressed in solid black—with the exception of an enormous gold belt and big amber sunglasses. A huge, flowing cape was draped around his shoulders, and he carried a black walking stick. President Nixon took one look at him and said, "Boy, you sure do dress kind of wild."

"Mr. President," Elvis replied, "you've got your show to run, and I've got mine."

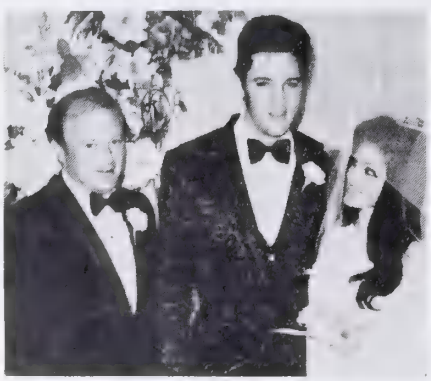
After that, Elvis and President Nixon really hit it off. And although Elvis never became an undercover agent, the incident illustrated the theme of his life:

From the time he was a teenager, Elvis ran *his* show, *his* way!

My relationship with Elvis began in 1952 at Humes High School in Memphis, Tenn. We were not best friends in those days—Elvis being a loner—but we dressed alike and that seemed to draw us together.

Our clothes belonged more to the streets of New York than Memphis, and classmates would hoot us about it. "Hey, Marty," they'd yell to me, "are you going to outdo Presley tomorrow?"

The comments didn't bother me, nor did they bother Elvis. In those days he was lost in his dreams.



While still in high school, Elvis often sang and played the guitar, but he never pushed himself or his music. For one thing, he was somewhat shy. Furthermore, his goal was to be an electrician. Performing was a hobby; his real job was driving a truck for the Crown Electric Company. Luckily, life didn't work out as he had planned.

His road to musical success took a sharp turn upward in July, 1954, when Dewey Phillips, Memphis's best-known disc jockey, played a record by Elvis called, "That's All Right Mama." The recording was an instant hit. I was listening to the car radio and heard Dewey say that Elvis would be a star.

Several months later, I went into the U.S. Army and was sent to Germany. While I was overseas, Elvis became a star, as Phillips had predicted.

During this period, Elvis enjoyed a lot of heady experiences for a young man not long out of high school. At an appearance in Jacksonville, Fla., fans actually tore off his clothes. There was, of course, some physical danger, but Elvis laughed about it. He loved the attention.

With the release of "Heartbreak Hotel," a record that sold over two million copies, he began to gain recognition throughout the country. In April, 1955, he signed a three-motion picture contract with Paramount.

Meanwhile, the press had a field day with Elvis. Editors harped on the evils of rock 'n' roll—and especially Elvis Presley. There were movements to ban long hair and teenage dances. The Russians even joined the hue and cry by banning Elvis's records. Moscow said that Elvis was a new form of American propaganda; the possession of one of his records was absolutely forbidden. They would not have their youth corrupted.

American teenagers, on the other hand, didn't mind being corrupted. Soon they were buying every promotional trinket on the market: Elvis Presley shoes, sweaters, bracelets, bobby socks, purses, shorts, pants, jeans, pens, magazines and photos. Elvis and his manager, Colonel Tom Parker, received a percentage of every item sold. Money came in *(continued)*

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22	.14	.14	.09	1.10	2.10
25	.17	.15	.10	1.35	2.35
26	.18	.16	.11	1.60	2.60
27	.19	.17	.12	1.75	2.75
28	.20	.17	.12	1.85	2.85
29	.21	.18	.13	1.95	2.95
31	.23	.19	.14	2.00	3.05
32	.23	.20	.14	2.05	3.15
33	.24	.20	.15	2.15	3.30
35	.25	.21	.16	2.25	3.55

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MY FRIEND

My relationship with Elvis began in 1952 at Humes High School in Memphis, Tenn. We were not best friends in those days—Elvis being a loner—but we dressed alike and that seemed to draw us together.

Our clothes belonged more to the streets of New York than Memphis, and classmates would kid us about it. "Hey, Marty," they'd yell to me, "are you going to outdo Presley tomorrow?"

The comments didn't bother me, nor did they bother Elvis. In those days he was lost in his dreams.

audience, Sullivan had a change of heart. Though filmed from the waist up—a con- ies of the '50's—

While still in high school, Elvis made TV sang and played the guitahed his career. never pushed himself or hing *the* Elvis For one thing, he was somewy stint with Furthermore, his goal was to Memphis, electrician. Performing was a -though not his real iob was driving a truck i After all, Crown Electric Company. Luckilhool was didn't work out as he had planne.

His road to musical success too way," sharp turn upward in July, 1954, wh again. Dewey Phillips, Memphis's best-know Elvis disc jockey, played a record by Elv me." called, "That's All Right Mama." The nost recording was an instant hit. I wal the ption.

Copyright © 1978 by Marty Lacker and Leslie S. Smith. Excerpted from "Elvis: Portrait of a Friend," by Ma-
Photograph of Elvis Presley by John Regger.

We talked on and on into the night, cussing every subject imaginable.

I began to see Elvis often, and sh came to feel completely at ease in G land, his 14-acre estate in Mem Some nights we'd stay home and On other nights, Elvis would rent Rainbow, a skating rink, and a w gang of us would go skating after ing time. We played special games a Rainbow; some of them could be ro

One of the games we all liked "Crash." We'd divide into teams, teams would move to opposite en the rink, then we'd skate head-on each other. The winning team was one with the most people standing the collision. Elvis was good at "Cra He often let outsiders into the rink, sometimes there would be one or guys who wanted to show their girls they could knock Presley down. could take care of himself, but we determined that the games would turn into a "let's get Elvis" show.

Field trips to a Memphis amuse park, also rented after closing time, another source of entertainment. S ing with the roller coaster, which rode standing, we hit almost every including our favorite, bumper cars

Like at the roller rink, we divided bumper-car teams and crashed into another. This went on for hours, needless to say, we put a lot of those out of commission. Finally, the man ment told us we couldn't use the anymore if the rough stuff continue

Elvis was so taken with the bu cars that one night, on the spur of moment, he decided to have a track around Graceland. The estimate track and cars was $115,000, whic thought was high enough to make change his mind. The price, howe didn't bother him; all he wanted to k was when the project could be finis However, when a designer pointed that the track would ruin the beau Graceland, the project ended then there. We continued to use the tra the park.

Sometimes fans, always eager f glimpse of Elvis, would spot him in park, and he would open the gates them. As long as they were polite was courteous, too, and he alw seemed to enjoy watching them ha good time. What's more, he footed bill for everybody, fans and friends a

Never tired of public

Elvis was the same wherever he l pened to be. He never tired of the pu and would spend hours signing a graphs or just talking. There was sel a time when we drove in or out of Gr land that he didn't stop for at least a words. He liked his admirers just as m as they liked him.

Those early years of stardom, 19 1958, were some of the *(contin*



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23-30	.31	.18	.20	.12	.12	.08	1.00	2.00
31-40	.35	.21	.22	.14	.14	.09	1.10	2.10
41-55	.39	.25	.25	.17	.15	.10	1.35	2.35
56-70	.41	.27	.26	.18	.16	.11	1.60	2.60
71-124	.43	.29	.27	.19	.17	.12	1.75	2.75
125-196	.44	.30	.28	.20	.17	.12	1.85	2.85
197-292	.46	.32	.29	.21	.18	.13	1.95	2.95
293-430	.48	.34	.31	.23	.19	.14	2.00	3.05
431-925	.50	.34	.32	.23	.20	.14	2.05	3.15
926-1910	.52	.36	.33	.24	.20	.15	2.15	3.30
1911-3000	.54	.38	.35	.25	.21	.16	2.25	3.55

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Bell System



MY FRIEND ELVIS

continued

best of Elvis's life. Although a lot
time was spent making movies—
Me Tender, Loving You, Jailhouse
—there still were plenty of chanc
relax and be with his friends.

Then the draft got into the act.

On March 24, 1958, Elvis be
United States Army serial number
53310761. Many said that would b
end of his career. They didn't tak
manager, Colonel Tom Parker, int
count. He had the ability to keep E
name, music and motion pictures b
the fans for ten years, if necessary.
years would not be long at all.

In August, 1958, while he was s
basic training, Elvis's mother died.
loved his mother to the point of wo
he really suffered at her death.

"She was very close," he later
"More than a mother. She was a fr
and I could talk with her any tir
the day or night if I had a probl
would get mad sometimes when
wouldn't let me do something, I
found out she was right almost
time."

Elvis returned to basic training
a week after his mother's funeral.
training was complete, he was
ferred to Germany, where he was
ed by hundreds of screaming teen

The Army stint was remarkabl
exceptional, except for his introdu
to a beautiful young girl named Pr
Beaulieu, the 14-year-old daughter
Air Force Captain. Elvis and Pr
saw each other for four or five mon
Germany, then, in March, 1960, h
a civilian again—still single, and
way back to Memphis.

Invited to Hollywood

One evening in 1961, Elvis and I
playing pool when he stopped
minute and said: "Why don't you
with me tomorrow when I leav
Hollywood?"

He was leaving to begin the filr
Galahad; his question was an off
me to work for him.

"Man," I said, "I'd love to, bu
going to have to think about it a l

His attitude changed completel
put down the cue stick, picked
newspaper and said, "Well, don't
about it too damn long."

"Hey," I said, "I've got to think
my family. I'll talk it over with my
and let you know tomorrow. You
I'd like to go."

"Okay," he answered. "But you
I'm leaving tomorrow night."

I was, at the time, the only one
friends who had a wife and child.
and the others were single, *(conti*



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MY FRIEND ELVIS

continued

with few responsibilities. He didn't understand why anyone would need time to decide to leave—within 24 hours—for a city 2,000 miles away, on a trip that would last weeks, perhaps months. He seemed hurt that I didn't say yes immediately.

After talking with my wife, however, we decided that I should go. The next morning I said to Elvis: "Okay. I'm ready to go. What's my job going to be?"

"Don't worry about it," he said. "There's plenty to be done."

I was on the payroll.

The group of friends that surrounded Elvis became known as the Memphis Mafia. A newspaper reporter tagged us with this name because, at Elvis's request, we all wore dark mohair suits to give a respectable appearance. We never objected to the name, and Elvis thought it was funny. Among ourselves, however, we called the group "the guys." Through the years, new men would become a part of the operation, and some of those who had been around a while would leave to do something else. Often someone would leave only to return again in a month or a year. Although the members changed occasionally, for the most part it was a group that remained loyal to Elvis all his life.

It still seems incredible to me that a large group of guys can work together, eat together, live together and play together without wanting to murder one another. Not that we didn't have our gripes—we did. In fact, whenever anyone left the room, he became an open target for criticism. Maybe five or six guys would be sitting around, Elvis included, and the conversation would soon shift to the guy who wasn't there, and he would be literally ripped apart. I know, because I took part in those sessions—and I know what was said about me when I wasn't there. When Elvis was out of the room, we talked about him; he talked about us when we weren't around. If the discussion pointed to a serious problem, most of us weren't bashful about confronting the unhappy party face-to-face.

Controlled payroll

I can honestly say, however, that of the more than 20 men who worked for Elvis at one time or another, only three or four were genuinely disliked. Sometimes, Elvis would purposely keep someone on the payroll even though he knew the majority of the group wanted to get rid of the guy. Elvis may have acted like just another of the guys, but controlling the payroll was his way of reminding who was boss.

Reading the newspaper accounts the Memphis Mafia made us laugh. press described us as a bunch of flun who would be sad when Elvis was and who would laugh only if he laugh These reports were just not true.

Elvis Presley was a multimill dollar business, and we were a par that business. When working, we w loyal to him as employees and did ev thing possible to perform our assig tasks to the best of our abilities. On other hand, when we played, we pla hard and had a great time doing it. a man, we cared for Elvis, and he ca for us. We laughed when something funny and cried when something sad. These were reactions to our feelings, they were not a reflection Elvis's moods. Not that he didn't h his moods.

At times, Elvis could be temperam tal. His mood would change in a min One of the quickest ways to mak change—for the worse—was to talk ab it. I remember Elvis overhearing on the guys ask, "What kind of a moo he in today?"

Elvis exploded: "You just put *hin* a rotten mood! I'm sick and tired everybody wondering what kind mood I'm in. If you would all do y

(continued on page

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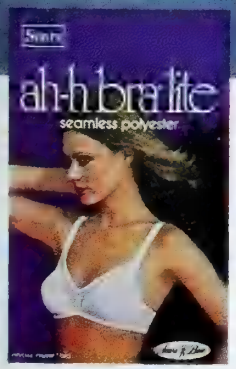
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MY FRIEND ELVIS

continued from page 92

damn jobs right, I wouldn't be in a bad mood."

There were other times when Elvis would get mad beyond all reason. A naturally polite, well-mannered person, he never tried to upset or abuse anyone. When angry, however, he would really blow, clipping off a string of names—and he didn't care who heard him.

One time the Presley temper showed over a petty squabble. He had built a special room to house a track for slot-car racing. The room, the track and the tiny racing cars cost thousands of dollars. This one afternoon some of the guys complained, mostly in fun, that they didn't have their regular cars. They kept the teasing up, bickering back and forth. Elvis listened for a while and then blew up. He called all of us every name he could think of, then threw a couple of cars against the wall and walked out. The track was given to a local orphanage, and the room became a trophy hall.

Bad moods, a show of temper now and then, jealousy—these were all to be expected from individuals in such close contact with one another. There were times, I'm sure, when Elvis hated each of us, and times when each of us hated him. We also loved each other as true friends, and that's the real truth about the Memphis Mafia.

Elvis, for the most part, was a delightful person. He had a child's curiosity and imagination. In his enthusiasm, he would dart from subject to subject like a butterfly trying to taste every flower.

Religions and life after death were two subjects that fascinated him. He would spend days reading about Oriental religions, and often discussed the Bible. Personally, he felt that he had been put on earth for a special purpose, but he didn't know what the reason was—or at least he never expressed it. He talked about everything else. He talked and talked and talked.

There was no way he could keep a secret. He would come to me with an idea and say, "Now don't tell anybody else; I don't want anybody else to know."

Within an hour, all of the guys would be in on his secret, and he would say, "There's a leak in this damn organization." He was the leak! He told everyone everything.

Elvis explained everything, too. How something worked, where it was made, what materials were used to make it. What he didn't know, he immediately tried to learn, so he could explain it. Like words, for instance. He loved words and dictionaries. He bought all of us dictionaries. At night, each guy would pick a word from the dictionary would discuss it, pronounce it, lea

He was a great fan, too, of mi things and military people. He le General Douglas MacArthur's far speech by heart and often quoted of it to us. The movie *Patton* was an hit with him. He knew every wor every scene. Once, in California decided to visit General Omar Br and, without even calling first, w went to the General's home. Ge Bradley welcomed our unschedule rival and we spent several hours ta with him about his years of mi service.

Talent, more than anything seemed to be *the* thing most attra to Elvis. He respected real talen had an appreciation of it, a trai often seen in entertainers.

One group he respected was Beatles, and in 1965 Elvis arrang meeting with them at his home i Air, Calif.

When the Beatles arrived, they in awe of Elvis. They sat on a long and stared at him. No one said a for an awkward length of time. Fi Elvis broke the silence, saying, " if you guys are just going to sit ther stare at me all night, I'm going to

That was typical of Elvis. He tr janitors and international celebriti same way.

Salaries explained

When I first went to work for El 1961, my salary was $45 a week travel and living expenses on the Meanwhile, the $45 had to cove expenses for my wife and dau Within two years I was drawing week, and when in 1964 I assume duties of personal bookkeeper and man, I was raised to $150—and la $205 a week. My salary was one highest in the group.

In the early years, before 196 one was paid a salary. Expenses covered, but our wallets were e there wasn't enough cash to buy e tube of toothpaste.

The single men didn't mind. For the excitement of the job was en For married guys it was tough.

None of us were slaves, nor we fabulously wealthy. Like knights o we lived with the king—who very erously shared his food, home and style. The salaries, however, wer great.

Elvis's penchant for gift-givin lieved the strain considerably. All lavish gifts—Christmas bonuses, jewelry—were greatly appreciated most of the married guys agreed t would have been better to rece larger, more realistic salary. We week, we didn't know what we count on, which made raising a f difficult. *(conti*

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MY FRIEND ELVIS

continued

But Elvis was Elvis, and while he l no concept of the cost of a loaf of bre he knew the joy that a gleaming wh Cadillac could bring to a poor south boy. His gifts were from the heart, a he gave them because it was what wanted to do.

Although somewhat impractical, E was a generous man. He gave and g and never asked anything in return cept to see the pleasure on the face those to whom he gave. There w special gifts for relatives, friends often even to strangers, and there w regular, substantial gifts to charitie can recall many examples of his g erosity. One day, for instance, w driving in Beverly Hills, he stopped car in front of a house with a "For S sign on the lawn. He talked to the o ers, then called Joe Esposito, one of guys in the group, and told him he owned a house. Just like that. Elvis bought a home for his father, Ver Presley, helped buy the land for house in Memphis, and gave another of the guys $30,000 for a down paym

Another time I was told to make o check for $50,000 to the Motion ture Relief Fund Home and Hosp The contribution, one of the largest given, was accepted on behalf of hospital by Frank Sinatra.

Million dollars on hand

Before writing the check, I as Elvis if there was enough money in checking account to cover the amo He laughed and assured me that th was always a million dollars on ha Another of his idiosyncrasies. Imagi checking account of one million doll drawing no interest, always on ha just in case he wanted to use it.

One afternoon Elvis said: "The we er is so beautiful, I want everybod be able to go motorcycle riding. the motorcycle place and tell the want thirteen motorcycles."

"Wait a minute," I said. "If yo buying one for me, don't. You kno don't like riding that much."

We had a short argument. He saying, "I want you to have one." I saying, "I don't want it."

Days went by and Elvis continue keep after me about accepting a This went on and on. He'd tell m get one, I'd tell him I didn't want

Finally, he said: "Then go out buy something else you want."

This started a new routine. E day he would ask, "Did you find so thing you want yet?" This, too, wen and on.

When I drove in the gate *(contin*

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MY FRIEND ELVIS

continued

about a week later, Elvis was block the driveway with a new white Cadill I slammed the door of my car a walked toward him.

"Here," he said, holding the Cadil keys in front of my face.

"Here, what?" I asked.

"Move that car back into a park space, then put the keys in your pock The car is yours."

He caught me completely by surpr "Wait a minute," I said.

"Damn it," he scolded, "I told y to go out and buy something, but si you wouldn't do it, I had to. I d want any arguments, the car is you

I was completely overwhelmed. couldn't keep the tears from coming my eyes.

That wasn't the end of the story. El got such a kick out of my reaction t within a week he purchased a new C illac for each of the guys.

Some time later, Elvis bought my w a new Grand Prix, then handed he check for $2,000, saying, "Here, I w you to go out and buy a new wardr to match your car. You can't go arou driving it in jeans all the time." The m was amazing.

Cars, bus and trucks

The car-giving continued. In so years he bought Mercedes, in oth Lincoln Mark IV's, Chevrolet Corvet or Porsches. He gave cars to maids, girls he dated and to ones he'd only m He gave cars to a few Denver policem he befriended, and presented a cust touring bus to a gospel singing gro At one point he bought 33 trucks, c ing $98,000, then proceeded to g every one of them away—to carpente to strangers, to anyone around. He w so enthusiastic that, for a moment, almost gave one to the truck salesm

As we were walking back to the sho room from one of his car-buying spre Elvis saw a handsome young couple miring one of the Cadillacs. He walk over to them, introduced himself and gan to talk.

Elvis asked them if they liked the c

"Sure, it's beautiful," the man sa

"Well, why don't you get one?"

"We just can't, Mr. Presley."

"Yes, you can. I'm going to buy it you."

The woman almost fainted and man was just about speechless, but fore the night was over they owne new Cadillac.

Cars weren't his only gifts. He w generous with jewelry, and liked to f the bills for weddings or surprise us w vacations. When anyone he *(continu*

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MY FRIEND ELVIS

continued

knew was in trouble, Elvis came through, picking up hospital or funeral expenses, lending money that he never expected to see repaid.

In 1975, when I was having financial and marital difficulties, Elvis came over for a talk. While I poured out some of my problems, he was busy writing on my calendar.

He handed me the calendar, where he had written: *Pay bills. Think positively. All expense paid vacation in Hawaii. New Car.* Then he turned over a check for $10,000.

When Elvis gave a gift, a simple "Thank you" was sufficient. That was the end of it. He gave gifts because he wanted people to be happy, and his enjoyment came from seeing them that way.

Throughout the years, Elvis often said that what the group gave him was more important than money. Our love, our friendship and our loyalty were worth more to him than all his gifts to us.

That doesn't mean that he tried to buy our support. On the contrary, Elvis was a good judge of character and easily spotted—and dismissed—anyone who feigned feelings. He wanted friendship, honest friendship, and at the same time wanted to make the dreams of his friends come true.

Lifestyle unusual

Our lifestyle was, to say the least, unusual. During the years when Elvis made movies—1956-1969—we spent most of our time in California. Elvis had a no-wives policy, which created problems for guys with families back in Memphis.

One year I was away from my family for eight months. To say that such prolonged separations put a strain on the marriages would be an understatement. Most of them ended in divorce.

Even when in Memphis, we slept all day and spent our nights with Elvis. That was our job. When he needed us, we were expected to be available. This left little time to be with our families.

There were exceptions to the no-wives rule, beginning with Elvis's marriage to Priscilla Beaulieu.

I fondly remember the first time I met Priscilla. It was in 1962, the second day after she moved into Graceland. She was a charming young girl, very easy to talk to, self-assured and down to earth. She seemed far more mature than her 16 years and she was beautiful.

Five years later, I was best man at their wedding on May 1, 1967, and from that day on they seemed to fall more and more in love with each other. Elvis was a very happy man.

Exactly nine months after their wedding, February 1, 1968, Lisa Marie Presley was born. Elvis described himself as a "happy pappy," which he was.

When Priscilla was a part of Elvis's life he seemed contented. Had he not been a star, their marriage would have been perfect. Our lifestyle was the basic problem with the Presley marriage, as it was with the marriages of many of the guys. We forgave ourselves because we were taking orders, whereas Elvis was giving them. We could not have changed our home life without changing jobs, but Elvis could have had Priscilla with him every day had he wanted it that way.

At first, Elvis tried to blend togetherness with his career. Priscilla traveled with him, and our wives were invited, too. Then movies and concert engagements demanded more and more time, Lisa came along, and the logistics of traveling became a problem. Then, too, Elvis was really more comfortable when alone on tour.

At heart, Elvis was a very old-fashioned man. He wanted his wife and child at home when he returned from work. Unfortunately, six to eight weeks might pass between the time he left for work and his return home. The separations began to erode their marriage.

It just wasn't the life for a vibrant young woman. Priscilla wanted to see the world, to be a part of it and to make it a part of her. She wanted to be able to get out and do things. Elvis, possessive and protective, wouldn't let h
unless he or one of the guys was alo

Things gradually began to chan
Priscilla started to take dancing less
and became quite good at it. Then
began karate lessons and started go
on shopping trips to New York and L
las with a wife of one of the guys.
did anything to break the monotony
being home alone.

The trips became more frequent,
did the karate sessions. We began
hear rumors about Priscilla and her
rate instructor. Elvis brushed off
rumors until it became obvious t
there *was* more involved than karate

The marriage fell apart without eit
of them knowing why and without eit
of them knowing how to prevent it. Th
love didn't seem to change, but t
were unable to go on together.

One night Elvis confided: "Priscill
leaving me. I love her and she loves
but she says she isn't happy. She wa
to leave and I don't know what to d

I asked if he would be willing to s
traveling and spend more time with h

"I can't," he said. "I just couldn't
without performing."

"Then you're going to have to acc
it, Elvis, no matter how much it hur

On October 11, 1973, after more t
five years of marriage, the divorce
came final. The two kissed outside
courthouse before going their sepa
ways. Priscilla gained custody of Lis

Elvis continued to send gifts to P
cilla, and she did the same *(continu*



"Man driver!"



Curls are back and Toni's got 'em.



And you can get 'em any way you want 'em.



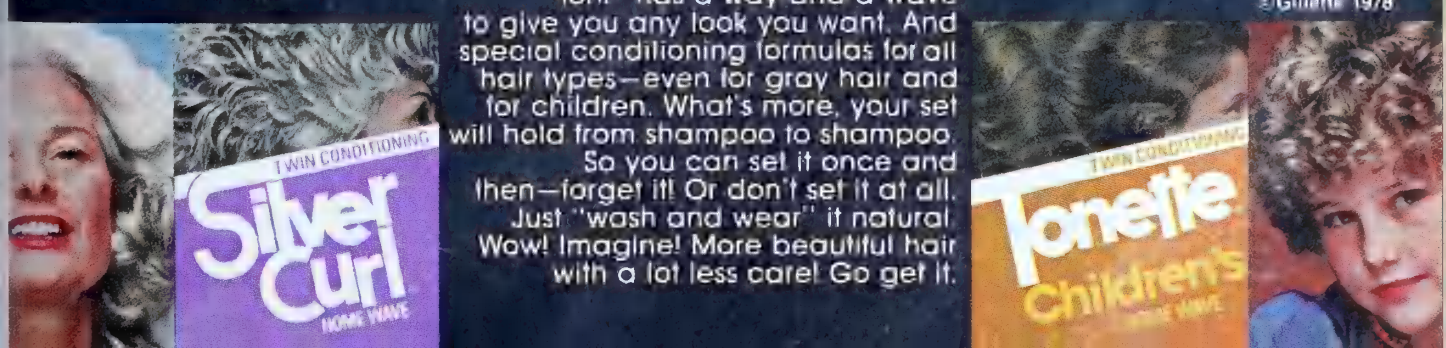
Boop-be-doop curls! Or really loose curls!

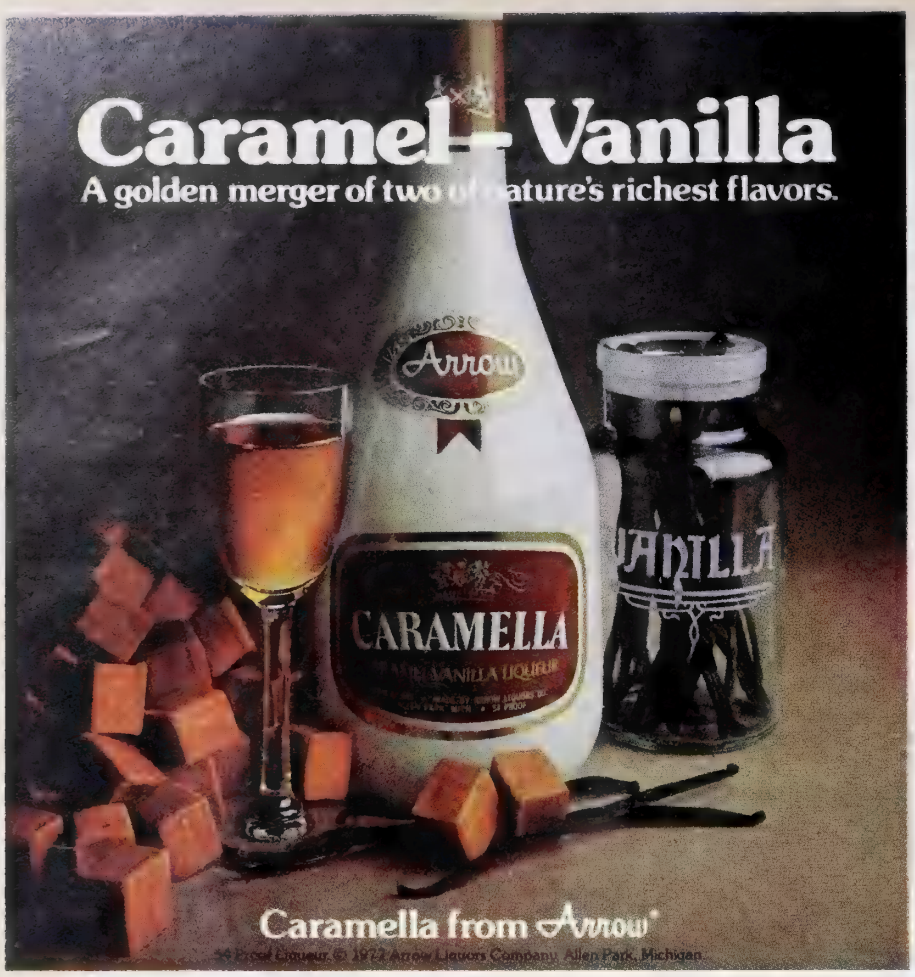


Or all body-no curl at all!

Toni® has a way and a wave to give you any look you want. And special conditioning formulas for all hair types—even for gray hair and for children. What's more, your set will hold from shampoo to shampoo. So you can set it once and then—forget it! Or don't set it at all. Just "wash and wear" it natural. Wow! Imagine! More beautiful hair with a lot less care! Go get it.

©Gillette 1978





MY FRIEND ELVIS

continued

for him, but they were to have another day in court. Priscilla claimed that Elvis failed to fully disclose his assets during their settlement negotiations. The $100,000 settlement did not represent her share of the community property and the $1,500 per month support payments were insufficient. A new settlement was worked out, and Priscilla received about two million dollars.

Even after the new court action, Elvis and Priscilla remained on good terms. Lisa became even more important to her father. He talked about her for hours, and she spent a lot of time with him at Graceland. He loved her very much, and was quite a proud father.

I still don't know, and neither did Priscilla nor Elvis, exactly what went wrong with their marriage. I do know, however, that even on the day he died, they still loved each other.

There were other women in Elvis's life. Before his marriage, he had romances with various co-stars, including Ann-Margret, or "Rusty Ammo," as we used to call her.

Elvis met Ann-Margret in 1963, during the filming of *Viva Las Vegas*. She was a lot of fun, always laughing and singing. Elvis cared a lot for her, and I believe they were in love. For some unexplained reason, they stopped dating. They continued to care and think about each other long after that. I know Elvis did, anyway. Perhaps the romance would never have worked; they were too much alike.

Elvis loved one other woman, and that was Linda Thompson, the 1972 "Miss Tennessee." They met in July, 1972, and Linda was good for Elvis during that period of his life. He was terribly depressed after his separation from Priscilla, and needed someone to boost his morale. Linda, who was beautiful and outgoing, filled the bill exactly. She was very different from Priscilla in appearance and personality, which also was good for Elvis. Plus, she loved the excitement of being with him.

As he did with all his girlfriends, Elvis showered gifts on Linda. He gave her credit cards and deposited money into her personal bank account. She loved new clothes and often went on shopping sprees, much to the annoyance of Elvis's father, who received the bills. Some of the guys grumbled about her spending. They didn't realize that it was Elvis who engineered these sprees.

For a while, Linda lived at Graceland, then Elvis bought her a new home a few blocks away. He also purchased homes for her brother and her parents.

Linda was a very special girlfriend. They had a lot of fun together, the loved each other.

Whether or not they planned to mar is unknown to me. Linda is the only o who really knows. Those of us who we close to Elvis would have welcomed marriage if it would have brought ne happiness into his life. But Elvis pro ably wasn't ready for a commitment. any case, they had a few years of happ ness together, and when it came time part, they did so with grace.

Linda was probably the last girl abo whom Elvis was in any way seriou There were many others who were wi him a day, a week, or even a month more. To some of them he gave expe sive gifts, rings or other jewelry. B those of us who knew him over the yea saw too many girls and too many rin to be very impressed.

Elvis's eating habits were weir There was a period when he ate me loaf, mashed potatoes, gravy and slic tomatoes for dinner every single nigh He kept up this routine for two yea

His diet habits, together with his na ural tendency toward obesity, mad weight-watching a lifelong chore. Whi making movies, where every extra pou was magnified on the screen, he foug the weight problem with a combinati of appetite depressants and long hou of work.

He would gain weight very quickl then go on a severe diet. These die were hard on him. There were tim when he simply ate nothing, and tim when he tried every diet imaginabl There was one gimmick diet after a other, but all had one thing in commo appetite-depressant pills.

Health disintegrates

From 1973 on, Elvis's health disint grated. His tonsils, often sore and i flamed, should have been removed. B a tonsillectomy might have changed h voice, so Elvis refused to have the oper tion. There were blood pressure and e problems, in addition to the throat a weight troubles. During 1975, he was the hospital three times—once for an e problem and twice for hypertension.

By the end of 1975, Elvis began retreat more and more into himself. H would average about one tour a mon and spend the rest of his time in Me phis. Even when back at Graceland, h would stay in his suite of rooms, comi out only when he had to go to work.

Things went steadily downhill. 1976, Elvis decided he would reco music only at Graceland. It was an a surdity! Graceland didn't have th proper facilities, but he insisted.

To add to the problems, Elvis staye upstairs in his suite for hours beyo the scheduled starting time so everyo would be upset by the time he can down. Each night he was in a differe

(continued on page 18

KRAFT SALAD AYS ARE HERE

elebrate the crispness estern Iceberg Lettuce ther tasty garden-fresh tables, topped with , rich KRAFT Thousand d Dressing. It's a salad skewer, California style.

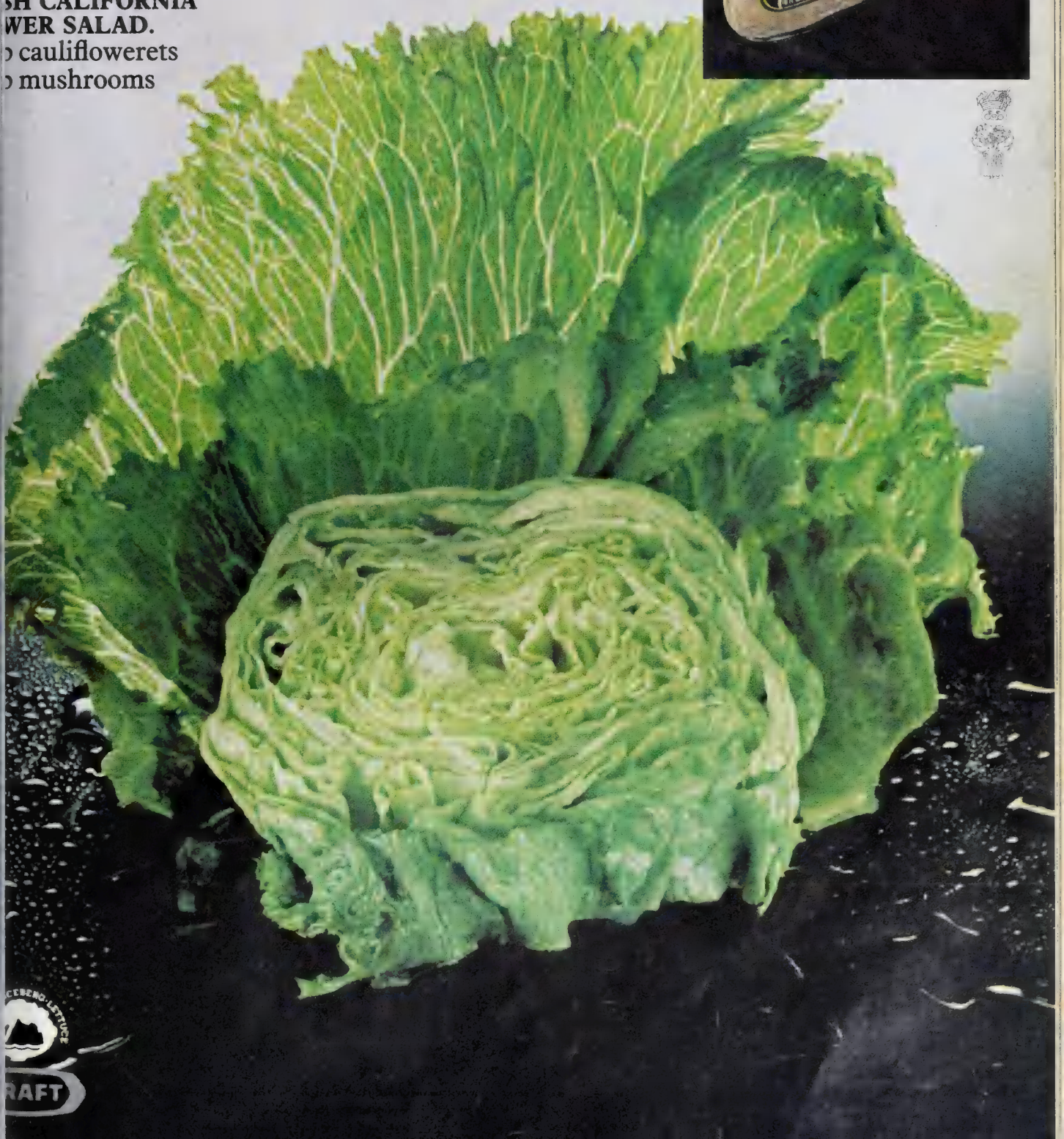
EBRATE ICEBERG TUCE WITH A SH CALIFORNIA WER SALAD.

- cauliflowerets
- mushrooms
- 1 cup cherry tomatoes
- 1 cup broccoli flowerets
- 1 head Western Iceberg Lettuce, cut in 6 wedges
- 8-oz. bottle KRAFT Thousand Island Dressing

Alternate vegetables on skewers; insert skewers in lettuce wedges. Serve with dressing.

6 servings





Give your kids a fighting chance



Give your kids Crest.

Because if you want them to fight cavities, you ought to give them a toothpaste that does.

Crest has proved it fights cavities in a lot of tests under a lot of conditions — in fluoridated water areas, with little kids and big kids, with kids who also get fluoride topical treatments. In test after test, Crest with fluoride proved it reduced cavities.

And Crest has been accepted by the American Dental Association.

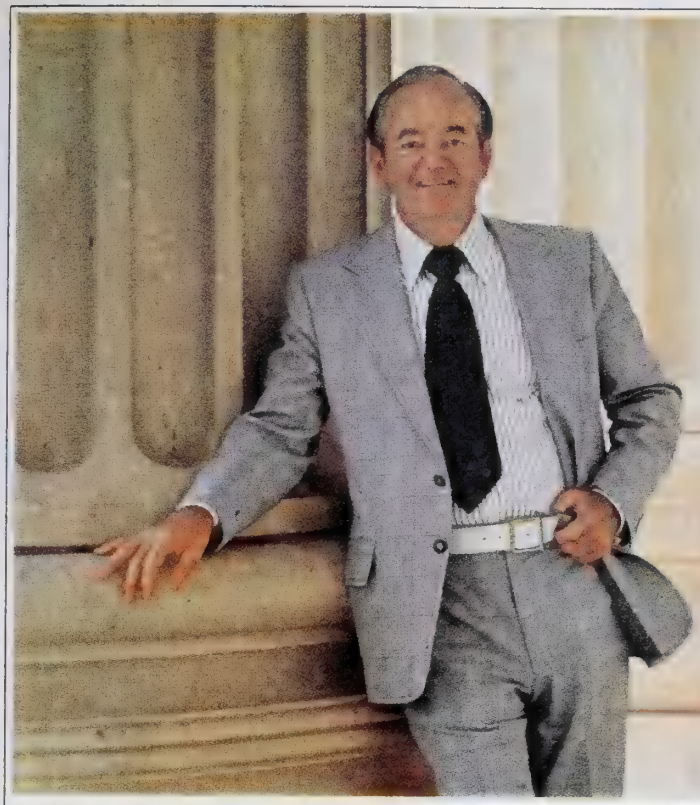
So get your kids to have regular checkups, watch treats and brush after meals with Crest.

And you can be sure they'll have a fighting chance.



Accepted by the American Dental Association

"Crest has been shown to be an effective decay-preventive dentifrice that can be of significant value when used in a conscientiously applied program of oral hygiene and regular professional care." Council on Dental Therapeutics, American Dental Association.



HUBERT HUMPHREY REMEMBERED

With love and humor, those who knew him best recount some of their favorite memories of an exuberant, loving and courageous man. They're stories Hubert Humphrey would have loved. By Lynda Johnson Robb

Hubert Humphrey's outstanding career spanned more than three decades. He was United States Senator from Minnesota from 1948 to 1964, served as Lyndon B. Johnson's Vice President from 1965 to 1968 and then ran unsuccessfully for the presidency. In 1970 he returned to the Senate, where he continued to serve until his death from cancer last January 13.

To capture the recollections of those who knew him, we asked Lynda Johnson Robb, who knew him only as "Uncle Hubert," to talk to his family and friends, his political allies and adversaries. What emerges is a rare and special portrait of a rare and special man.

RICHARD M. NIXON:

Sometimes political "enemies" are also good friends. That was surely the case with former President Nixon, who sent me this letter about Uncle Hubert:

"We were political opponents but personal friends in the best tradition of American politics.

"One of his most attractive qualities was his delightful sense of humor. When we saw each other at the Al Smith Dinner during the 1968 campaign, we reflected on the fact that we shared somewhat similar backgrounds. I said 'You are the son of a druggist and I am the son of a grocer.' He quickly responded, 'Well, Dick, that's a lot better than being the son of a you-know-what!'

"Some have commented on the fact that he sometimes tended to make rather long speeches. But I have never heard anyone say that his speeches were dull.

"My most vivid recollection was the last conversation we had when he called me on my birthday—four days before he died. When I asked him how he was feeling he said, 'I'm doing okay—but tell me, how's Pat?'

"That was Hubert Humphrey.

"In those last difficult days, *(continued on page 178)*



"He treated me like I was the most beautiful woman in the world!" Lynda Johnson Robb with "Uncle Hubert."

Photograph at top by Stephen Green Armytage





A DIFFERENT KIND OF SPRING

Was young love sweeter and purer yesterday...or is that just the way we want to remember it? A tale for two generations.

By Barbara Holland

From upstairs, the quiet occasional murmur on the bedroom extension went on and on. Once in a while, a soft laugh. The laugh of a stranger, somebody new in the house; where had it come from? Whatever happened to the little-girl giggle?

Nora decided she'd better set the table herself, without waiting for the upstairs conversation to end, if it ever ended. Scowling, she counted forks.

Allen was hidden behind the newspaper. On the back of it a headline said, "Teenagers Accused of Rape, Kidnapping," which was what most headlines said nowadays. Had Allen not even *noticed* about Jenny? Why didn't he say something?

From upstairs, murmur, pause, murmur. In the long pauses, was that boy actually talking to her, or did they both just sit there and hold the phone, keeping the line open, in a kind of thin electronic contact, ear touching ear across several suburban miles?

At least that kind of contact was safe enough. What about when they were together? What did they do? What happened during the ever-lengthening time it took Jenny to get home from school? Should she ask? Did mothers ask these days?

Allen shook his newspaper and folded it, and said, "I wonder what they *do*."

Relieved, she laughed nervously. "Don't be revolting, what would they do? They're only fifteen."

"You'd better get with it," said Allen darkly. "This isn't nineteen fifty-five. Nowadays, fifteen's plenty old enough. Practically over the hill at fifteen."

"I don't believe it," said Nora. "When I was that age I was still climbing trees." She paused a moment with a fork in her hand and stared at the wall. "Well, maybe not." Her memory stirred and passed over a warm rain of very early spring. She was walking in it, with warm rain sliding down her cheeks, and holding hands with a dim, tall figure beside her. Was she fifteen? Fourteen? "Of course," she said, "things were kind of different then."

"They certainly were. Good God, nice girls didn't even kiss you on a first date. That's how you could tell they were nice girls. And now look. Orgies. Orgies in kindergarten, for all I know." He slammed down the paper and went to the foot of the stairs. "Jenny!" he shouted. "Hang up that phone this minute and get down here and set the table for your mother!"

More murmuring.

"JENNY!"

"I *heard* you." After a brief *(continued on page 154)*

Illustration by Charles S. Gehm

SUMMER CUTTINGS

What's coming for summer: a delicate look of softness and ease. In place of full-blown or tousled heads of hair, you'll want a tidier (but still tender) shape. Really, a closer oval. Volume is still important, but it's not zany or sloppy. Still and always, a good competent cut that takes little upkeep, little care. Color, too, if it works for your hair. Now that you're on summer's doorstep, the idea is to look and feel pretty, flirty, irresistibly fresh.
By Maureen Lynch, Health and Beauty Editor.



NATURALLY BREEZY,

this happy haircut looks like a layering of petals. The model's hair is unquestionably thick and wavy. Coming out of a heavy permanent, it was cut to lighten up, soften up and look younger. A little of the perm was left on the ends for curl. This style needs body; not for fine hair. It's very free—just shampoo and let dry.

WISTFUL SHAPE,

for fine, thin hair. Layered for softness, the cut gets close through the crown (to give height), fairly short at the nape. Not advised for thick hair. Easy does it—wash, towel dry and, at most, a touch-up with a curling iron. An element of color adds volume, impact, but keeps the gentle air. Here, shampoo-in Clairesse "Medium Ash Blonde."

Photographs by Bob Stone.
Makeup by Bruce Clyde Keller, hair concepts by Roger Thompson & Associates

Left:
Blouse by Gail Kirkpatrick for Tudor Square.
Right:
Fashion by Paula Saker







CLASSICALLY PRETTY,

a true soft oval shape. Cut into it's own strong wave pattern, it's uplifting—to the eye and spirit. The natural buoyancy, encouraged by layering, gives a look of volume and lightness. Works best on medium-to-thick wavy hair. In the same feeling—for a hair-color that's warm and bright, Miss Clairol Creme Formula, "Sparkling Sherry," a light auburn.

CLEAN SWEEP,

armingly simple in its lines. The hair texture is fine, yet heavy and straight. A look of volume and softness was created by layering, flattering the shape of her face. ere's movement and vitality. Not for strong wavy hair. A cinch to care for—wash, dry, brush back and go!

Left:
Blouse by Paula Saker;
bracelet by Maneluisa Stern for Stigi Jewelry.
Right Top:
Shirt by Gloria Vanderbilt for Murjani;
stickpin by Maneluisa Stern for Stigi Jewelry.
Right Bottom:
Fashion by Paula Saker; necklace by Rosemary Peck.

Nail colors from L'Oréal's Rare English Rosebuds Crème Nail Accents



COUNTRY SWEETNESS,

a terrific frame for the face. Designed for different types of hair from medium to thick, straight or wavy. Also, a boon for someone who's growing out a permanent. The hair was softly layered to give volume and swing. Added bonus: it brings eyes and cheekbones in sharp focus. Again —minimum of care for summertime freedom.



ROOM FOR EVERYTHING

Is it possible to live happily (eat, sleep, entertain) in what's basically a studio space? The answer is yes, if it's cleverly planned (with plenty of storage) and visually exciting. By Nathan Mandelbaum, Director of Interior Design.

One of the most difficult decorating problems is how to live with a love of collecting and a lack of space. But look how beautifully this room works. The Journal (with the aid of the Indoor World of Armstrong) has put together a compact yet comfortable apartment for one or a couple. To start, a good layout—expanded with a closet/dressing area, dining corner. That, plus dual-purpose furniture (details, next page), makes the place warm and inviting. Above: Practical closeting—cork-lined with a brass chest, open shelving. Opposite: Natural bamboo etagéres. Shelves adjust for books, records, Orientalia, whatever.

Thomas Hills Cook design; Carl Klase Shuman photographs. • Thomasville, Founders Furniture; Armstrong Carpet; ceiling. • Floor plan, page 190.







ROOM FOR EVERYTHING

An all-purpose living space—with everything in its proper place.

A complete studio apartment makes perfect sense for couples starting out (acquiring treasures, establishing roots)—or those consolidating later on from a too-large house. (These ideas also adapt well to spare guest quarters.) Here, one trick to living ease is choosing things that can double up: mini-trunks instead of plain coffee or end tables, a sofa for sleeping, baskets everywhere. The tall and handsome etagéres (big show-offs) help carry your eye up, up—adding a dimension of space. Midnight-blue vinyl walls with a lighter acoustical ceiling (you can install it yourself) also gives height and soundproofing. The geometric carpeting, roaming throughout, unifies. For architectural drama and extra storage, we added a niche of diagonal woods. The columns hide cabinets that open at a touch. The squashy ottomans, on castors, glide about where they're needed socially.

SUMMER'S HEIRLOOM LOOKS
To Sew

Pages from a family album, capturing the nostalgia of yesteryear. The antique look is in fashion now—to sew with loving details (here) or to buy (following page). Think of making your own "heirlooms" as a creative adventure. Finding the romantic patterns, matching them with the prettiest fabrics, ribbons and laces. By Trudy Owett, Fashion and Home Sewing Editor.

From left to right:
Prim and pretty for a young lady. Puffy-sleeved, triple-tiered dress, banded with lace. Butterick #6090; cotton-y satin stripe by Warnsutta.

Lovely picture under a parasol. Smock dress with high neck, square yoke, bell sleeves—ruffled with lace. Simplicity #8415; embroidered cotton by Moygashel.

This dapper gent sports a classic single-breasted blazer (#9670) and straight-legged pants (#9834). Both, Vogue; linen-y fabrics by Charter.

Simple elegance, a two-piece sailor look. Middy top, over a slightly gathered skirt. Striped with a soutache trim. Vogue-Dior #1904; Apsco polyester satin crepe.

A dress for daydreams—proper little charmer falling in tiers, lace trimmings. Simplicity #8429; sheer cotton-y leno by Valtex.

Photographs by John Lawlor. Hair and makeup by Ted Azar. Accessories, trimming and pattern information on page 178.



SUMMER'S HEIRLOOM LOOKS To Buy

Tender tributes to gentler days. Ready-made fashions with romantic ideas to carry you beautifully through the good old summertime.



From left to right:
Turn-of-the-century look—creamy georgette dress with tucked and ruffled yoke, soft skirt cinched by a cummerbund. By Gamut, $180.

Edwardian dandy, looking swell in an oxford 3-button blazer ($105) and crisp white cotton duck pants ($32.50). Both by Arthur Richards.

A young sailor's fancy—little dress of dotted voile, middy-braid trimming and floppy front bow. By Happy Bug, $21.

Sentimental belle—delicate detailing from the picot-edged blouse to the border-lace dirndl over a voile underskirt. By Malcolm Starr, $190.

Hoopla and summer's fun—in an eyelet sailor dress with accordian pleats. Accented with blue satin ribbon and a big bow. By Happy Bug, $32.

Recalling parasols and wicker hampers, a Victoriana "picnic" dress. Scoop neck, ribbons and lace, a flounced skirt. By Foxy Lady, $46.

Accessory and shopping information page 178.



HOW AMERICA ENTERTAINS

FROM THE FREEZER



How can you find the time in a busy schedule to give all the parties you want? "Easy," says Ellen Greene (left), our Test Kitchen Coordinator, "if you learn to rely on your freezer." Ellen cooks in free moments and freezes everything so she can put together a variety of gatherings on



Cocktails

Unusual things to nibble on, almost all from the freezer. Few last minutes: garnish, fix fresh vegetables.

(SERVES 12 TO 16)

1. HERB DIP WITH CRUDITÉS
2. PORK SLICES WITH HOT MUSTARD SAUCE
3. MUSHROOMS GRANDMÈRE
4. LIPTAUER CHEESE
5. CLAM PUFFS WITH CHIVE CHEESE
6. SALMON MOUSSE WITH CUCUMBERS

CHOICE OF BEVERAGES

short notice—from cocktails (above) to dinner, an impromptu supper and desserts (on the next pages). Some of the dishes hold beautifully for up to six months. When company's coming, simply defrost ahead and you're ready to entertain. Plus quick tricks to rushing a whole meal from freezer-to-table in under an hour. Special freezing and defrosting tips, and recipes begin on page 140. By Sue B. Huffman, Food and Equipment Editor.

Photographs by George M. Cochran

Dinner

Frozen assets—a soup with crunch, steak with a bountiful pocket and an often overlooked but delicious side dish—gnocchi.

(SERVES 6)
*SPRING GARDEN SOUP
*"BEEF IN THE POCKET" FLANK STEAK
*FARINA GNOCCHI PARMESAN
BROCCOLI SALAD
RED WINE
CHOICE OF DESSERT
*(Recipes Included)

FROM THE FREEZER



Late Supper

Make the invitation spontaneous—"Come on over"—and in one hour flat, you can serve this light repast.

(SERVES 4)

*COLD RHUBARB-STRAWBERRY SOUP
*SHRIMP CREPES PARISIENNE
TOSSED GREEN SALAD
FRENCH BREAD
WHITE WINE
CHOICE OF DESSERT

*(Recipe Included)

Desserts

Five scrumptious desserts to satisfy anybody's sweet tooth—from a sinful chocolate cheesecake to fresh pineapple chunks frozen in orange-y port syrup.

(SERVES 16)

*ALMOND TORTE
*CHOCOLATE CHEESECAKE
*PARADISE PINEAPPLE
*STRAWBERRY CHARLOTTE
*FANTASTIC LEMON CAKE

*(Recipe Included)

Recipes begin on page 140.





ASPARAGUS

TENDER STALKS OF SPRING



1. Asparagus Quiche, a fresh variation. 2. Spoon Bread with cornmeal, Cheddar. 3. Asparagus-Ham Swirls, a Swiss cheese wrap. 4. Crab Louis, Lavish.



Three terrific sauces: 1. Mustard 2. Dill-Butter. 3. Tangy Bacon.

To food lovers, spring has "sprung" when the first shoots of fresh asparagus appear at vegetable counters. Slender spears of green, tipped with silvery violet. Stalk-thick or pencil-thin, the choice is yours. Either size is pure luxury. To cook quickly (crisp yet tender) and serve simply with melted butter, a squeeze of lemon, a heavenly spoonful of Hollandaise. Or in such imaginative ways as crunchy stir-fry, creamy asparagus soup. All spring-greenery recipes, plus perfect cooking instructions, page 128.

Photographs by Rudy Muller

ASPARAGUS

continued

When buying asparagus, look for nice, straight stalks of uniform thickness with closed compact tips and a good green color. Limp asparagus is over the hill. Don't wash before storing (refrigerate covered or in a plastic bag) and use within 1 or 2 days.

When ready to cook, wash thoroughly, then hold base of stalk firmly and bend, breaking off the tough end. Trim scales, especially if gritty.

You can boil, steam, bake or stir-fry asparagus—with the first two more common. Here are quick tips for boiling and steaming; we give more elaborate instructions for the latter two in the recipes below.

To boil: In a large skillet bring 1 inch salted water to boil. Add asparagus, bring again to a boil. Cover and cook until tender-crisp, about 5 minutes for whole asparagus, 3 to 5 minutes for chopped asparagus.

To steam: In an asparagus steamer or large saucepan with a rack, heat ½ inch water to boiling. Add 1 pound asparagus, tied in a bundle, cover and steam about 8 to 10 minutes or until tender-crisp.

Asparagus devotees often forget that their favorite vegetable is also good for us. The stalky delicacies of spring are strong in vitamins A and C with a smattering of the B vitamins and iron.

ASPARAGUS QUICHE
pictured on page 127

Asparagus adds flavor and color to this quiche. Perfect for a luncheon entrée or first course at dinner.

14 whole fresh asparagus spears, cooked (about 1 lb.)
1 unbaked 9-inch pie shell
3 eggs, slightly beaten
¾ teaspoon salt
Pinch white pepper
1 cup half and half cream
Pinch nutmeg
¼ pound bacon slices, cooked and crumbled
1 cup (4 oz.) shredded Swiss cheese

Reserve 8 spears for garnish; chop remaining asparagus.

Place pie shell in freezer for at least 15 minutes. (This helps to keep the shell from shrinking.) Preheat oven to 425°F. Bake shell 7 to 10 minutes until pale golden. (Check occasionally and prick any air bubbles with a fork.) Remove from oven.

Meanwhile, in small bowl mix next 5 ingredients and chopped asparagus. Sprinkle bacon and cheese over bottom of partially baked pie shell. Pour egg mixture into pie shell. Arrange asparagus spears spoke-fashion on top. Bake 35 minutes or until knife inserted in center comes out clean. Makes 6 servings. About 380 calories each.

ASPARAGUS SPOON BREAD
pictured on page 127

A grand enhancement to your Spring brunch or dinner table.

2¼ cups milk
½ cup yellow or white cornmeal
1½ teaspoons double-acting baking powder
1¼ teaspoons salt
1 teaspoon sugar
1 tablespoon butter or margarine
2 cups (8 oz.) shredded sharp Cheddar cheese
4 eggs, separated
3 cups (2½ lb.) cooked fresh asparagus, cut into ½-inch pieces

Preheat oven to 375°F. Grease a 2-quart casserole or soufflé dish; set aside.

In medium saucepan heat milk to a simmer. Slowly add cornmeal and cook over medium-high heat, stirring constantly, until very soft and thickened, about 2 to 3 minutes. Remove from heat and add next 5 ingredients. Beat with whisk until cheese is melted and mixture is cool. Stir in egg yolks one at a time.

In a small bowl beat egg whites until stiff. Fold into yolk mixture until mixed well. Gently fold in asparagus. Pour into prepared dish.

Bake for 45 to 50 minutes. (When done the center should not quiver when dish is shaken.) Serve at once. Makes 6 to 8 servings. About 375 calories for each of 6 servings; 280 for each of 8.

ASPARAGUS-HAM SWIRLS
pictured on page 127

Dandy little appetizers—they're absolutely addictive.

8 teaspoons prepared mustard
2 packages (6 oz. each) smoked cooked ham slices
2 packages (6 oz. each) pasteurized process Swiss cheese slices
16 cooked asparagus spears
2 eggs, beaten
1 cup dried bread crumbs
Salad oil for frying

Spread ½ teaspoon mustard on each ham slice and top with a slice of cheese. Place an asparagus spear at one end (if too long, trim to fit). Roll up, jelly-roll fashion; secure with 3 toothpicks. Repeat until all ham, cheese and asparagus are used. Dip each roll in beaten egg, then bread crumbs.

In medium saucepan heat 1 inch of oil to 350°F. on deep-fat thermometer. Fry rolls, two or three at a time, for 1 minute. Drain on paper towels. Repeat frying remaining rolls. Keep warm in a 200°F. oven up to 1 hour. Cut each roll into 3 pieces. Makes about 48 appetizers. About 55 calories per appetizer.

ASPARAGUS CRAB LOUIS
pictured on page 127

A refreshing switch on the traditional version.

Dressing
⅔ cup mayonnaise
2 tablespoons chili sauce
2 tablespoons sour cream
4 teaspoons lemon juice
4 teaspoons prepared horseradish
3 green onions, finely chopped
Romaine leaves, optional
4 cups shredded iceberg lettuce
2 pounds fresh whole asparagus, cooked and chilled
2 packages (6 oz. each) frozen crab meat drained or ¾ pound shelled and deveined shrimp, cooked
4 hard-cooked eggs, sliced, for garnish
4 tomatoes, cut in wedges

In medium bowl combine dressing ingredients; set aside. Line each of 4 salad plates with romaine; place 1 cup shredded lettuce, ¼ of the asparagus spears and ¼ of the crab or shrimp. Garnish with hard-cooked egg and tomato wedges. Top with dressing. Makes 4 servings. About 515 calories per serving.

Here is a selection of butters and sauces that can be served with fresh cooked asparagus:

MUSTARD SAUCE
pictured on page 127

3 egg yolks
1 tablespoon lemon juice
2 teaspoons Dijon mustard
¼ teaspoon salt
½ cup butter or margarine

In blender container combine first 4 ingredients, cover and blend. In small saucepan heat butter or margarine over low heat until it begins to bubble.

With blender on high, remove inner portion only of blender lid and slowly add the bubbly butter or margarine. Blend until smooth. Serve at once with hot asparagus. Makes 1 cup. About 25 calories per ¼ cup serving.

DILL-BUTTER SAUCE
pictured on page 127

½ cup butter or margarine, melted
3 tablespoons fresh dill, finely chopped, or about 2 teaspoons dried dill

Mix butter or margarine and dill; let stand in warm place 1 hour. Serve over hot asparagus. Makes ½ cup. About 100 calories per tablespoon.

BACON ASPARAGUS SAUCE
pictured on page 127

6 bacon slices
2 teaspoons cornstarch
¾ cup chicken broth
1 tablespoon cider vinegar
2 teaspoons Worcestershire sauce
2 teaspoons sugar

In small skillet, cook bacon until crisp. Remove bacon with slotted spoon and drain on paper towels. Reserve 2 teaspoons bacon drippings. Stir cornstarch into reserved bacon drippings in skillet. Add next 4 ingredients and cook over medium heat, stirring constantly until slightly thickened, about 3 minutes. Add crumbled bacon. Pour over 1 pound cooked asparagus. Serve immediately. Makes about ⅔ cup. About 25 calories per tablespoon.

(continued on page 136)

Campbell's Tomato Soup makes serving amburger and chicken seem like a new idea.



When you've got Campbell's Tomato Soup on hand, it's so easy to turn ordinary meats —like hamburger and chicken—into deliciously different, energy-saving skillet dishes. Your whole family will love the change of taste Campbell's Tomato Soup can give.

CHICKEN PARMESAN

1 egg
2 pounds chicken parts
½ cup Italian-flavored bread crumbs
2 tablespoons shortening
1 can (10¾ ounces) Campbell's Tomato Soup
¼ cup water
¼ cup chopped onion
½ teaspoon *each* garlic powder, basil and oregano leaves, crushed.
Shredded Mozzarella cheese

Beat egg and 1 tablespoon water. Roll chicken in egg mixture, then crumbs. In skillet, brown chicken in shortening; pour off fat. Stir in soup, ¼ cup water, onion, and seasonings. Cover; cook over low heat 45 minutes or until done. Stir occasionally. Sprinkle with cheese; heat until cheese melts. Serve with grated Parmesan cheese and additional oregano leaves if desired. Makes 4 servings.

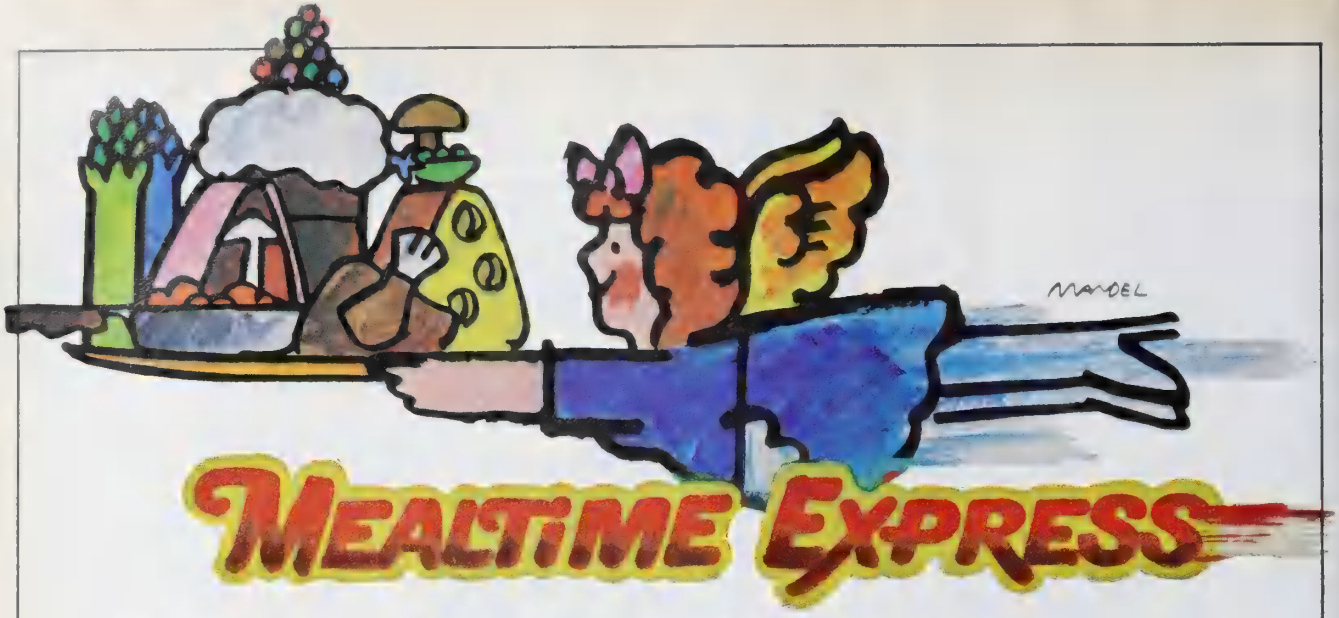
MINI MEAT LOAVES

1 can (10¾ ounces) Campbell's Tomato Soup
2 pounds ground beef
¼ cup fine dry bread crumbs
1 egg, slightly beaten
¼ cup finely chopped onion
1 teaspoon salt
¼ teaspoon *each* pepper, sage, crushed thyme leaves
2 tablespoons shortening
2 to 4 tablespoons water

Mix *thoroughly* ¼ cup soup, beef, bread crumbs, egg, onion, salt, and ⅛ teaspoon each pepper, sage, and thyme. Shape *firmly* into 6 mini meat loaves. In skillet, brown loaves in shortening; pour off fat. Stir in remaining soup and seasonings and water. Cover; cook over low heat 20 minutes or until done. Stir occasionally. Serve with parsleyed potatoes and broccoli if desired. Makes 6 servings.

You have a way with Campbell's.





Speedy dinners this month include clever ways with supermarket convenience foods, quick hints from the produce counter.

Greens, Glorious Greens

Beyond the vast array of more-familiar lettuces (iceberg, romaine, Bibb), is a whole world of greens waiting to be explored. All are good to mix with more usual greens to jazz up your salads. Here's a quick guide to other ways of using these greens.

Chicory—Also known as curly endive, it comes in bunches with ragged-edge leaves, ranging from dark green on the outside to pale in the center. (Center, paler leaves have a milder taste.) Try making a blender chicory sauce for pasta with olive oil, walnuts, garlic.

Dandelion—Regionally popular green, a member of the sunflower family. Good as a cooked vegetable; tops all others as a source of vitamin A and iron.

Escarole—Technically in the endive family; leaves are broader and don't curl at tips. Chop and stir into seasoned chicken broth with cooked rice or pasta for a quick soup.

French Endive—An elongated stalk, fat-cigar-like usually bleached white. Elegant in salads, it can also be cut in half lengthwise and sautéed quickly in butter for a hot vegetable.

Kale—A large, curly-headed green, usually abundant during winter. Interesting replacement for fresh spinach.

Microwave Casserole

MICROWAVE EGGPLANT MILANO

1 small eggplant, peeled and thinly sliced
2 teaspoons salt
1 pound ground beef
1 can (15 oz.) tomato sauce
2 teaspoons oregano, crushed
⅛ teaspoon garlic powder
½ cup grated Parmesan cheese
1 package (6 oz.) mozzarella cheese slices

Spread eggplant on paper towels; sprinkle with ½ teaspoon salt. Crumble ground beef in bottom of 9-inch square glass dish; cover with waxed paper. Microwave at high setting for 2 minutes; stir meat and break into chunks with spoon. Repeat 2 more times or until meat loses pink color; drain. Sprinkle with 1 teaspoon salt. Meanwhile, in small bowl mix tomato sauce, spices and ½ remaining salt. Stir ½ cup sauce into ground beef. Layer half the eggplant on top of ground beef. Spread with ½ cup sauce and sprinkle with ¼ cup Parmesan; repeat. Cover; microwave at high for 8 minutes; rotate dish a quarter. Repeat 2 more times, cooking a total of 18 minutes. Top with mozzarella; sprinkle on remaining Parmesan. Cook 1 more minute. Let stand, covered, 5 minutes before serving. Makes 4 servings. About 430 calories each. (This recipe was developed in a 650-watt microwave on high setting.)

Fast Food Quickies

B-B-Q Chicken

Place a 16-oz. package of frozen fried chicken in an 8-inch square baking pan. Combine 1 can (8 oz.) tomato sauce, ⅓ cup bottled barbecue sauce, ¼ cup water and 1 chopped medium onion. Pour over chicken. Bake uncovered 30 minutes in a 425°F. oven, turning once. Serves 4.

Salad Nicoise

Mix 1½ teaspoons Dijon mustard with ¾ cup bottled Italian salad dressing. In bowl combine 2 cans (6½ or 7 oz. each) drained tuna, 1 cup whole cherry tomatoes, 1 can (16 oz.) small whole white potatoes, drained and quartered, and 1 package (9 oz.) frozen cut green beans, held under cold running water to defrost. Pour dressing over and marinate until ready to serve. Mound salad on a bed of lettuce. Garnish with ripe or pimiento-stuffed olives and anchovy fillets, if desired. Serves 4.

Quick Rarebit

Heat 1 package (10 oz.) frozen Welsh rarebit in a 400°F. oven for 10 minutes. On cookie sheet, top each of 4 frozen waffles with two 1-oz. slices boiled ham; heat in oven with rarebit for another 10 minutes. Remove waffles to individual plates. Stir 2 teaspoons sherry (optional) into rarebit and spoon evenly over waffles. Serves 4.

Illustration by Saul Mandel

JELL-O® BRAND GELATIN SALADS MAKE SUPPER SUPER!



Perk up a pot roast with a Jell-O® Zesty Strawberry Salad. Next time you're serving the usual, serve an unusually delicious Jell-O® Gelatin salad. Then sit back and listen to the cheers. Your family will love bright, tasty Jell-O® Gelatin salads. And you'll love how easy they are to make!

1 can (8 oz.) chunk pineapple in juice
1 package (6 oz.) Jell-O® Strawberry Flavor Gelatin
1½ cups boiling water
1½ cups ginger ale (or water)

Drain pineapple, reserving juice. Dissolve gelatin in boiling water. Add ginger ale and reserved juice. Chill until slightly thickened. Fold in pineapple and pour into 8-inch square pan. Chill until firm, about 4 hours. Cut into squares. Serve on crisp greens; garnish with mayonnaise and strawberries, if desired. Makes about 9 servings.



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IRONS: A NEWLY PRESSING ISSUE

With so many of the new fashions in natural fibers (cottons, silks, linens), you're faced with two choices. Either bring out the ironing board or go about looking as if you've slept in your clothes. Some things even seem to wrinkle while hanging in the closet. And after a few hours of wearing—it's crinkles and creases galore. To iron these things out, we're taking a good look at what's around today—for steaming, for travel and for home. Plus, some pressing tips to help you stay at your neat and tidy best. **1.** A little two-pounder with fold-down handle making it compact for packing. Spray, steam and dry; 120 or 230 volts; 700 watts. By General Electric, $22. **2.** A self-cleaner, this one lights up when it's ready-set-to-go. Has an extra-wide heel rest to keep from tipping, a *(continued on page 135)*



Photograph by Rudy Muller

Dear Fleischmann's® Yeast,

Company's coming—constantly. I always like to serve fresh-baked bread. But I don't always get the time. What can I do?



"Busy, Busy, Busy."

Dear Busy,
Relax! If you've got a refrigerator and Fleischmann's Yeast you've got the time.

It's almost like baking in your refrigerator first. And it gives you time to take the children to school, go to the office, attend a meeting or play tennis. We call it the CoolRise Method. Your dough is mixed, kneaded and shaped all at once. Then, left to rise in the refrigerator. You can bake whenever it's convenient...from two to twenty-four hours later.



You can make CoolRise white bread or dinner rolls, oatmeal bread or poppy seed braid, apple cake or rich cherry walnut coffeecake. Why not start now? With this easy recipe for authentic Italian bread.

You'll need:

4½ to 5½ cups unsifted flour
1 tablespoon sugar
1 tablespoon salt
2 packages Fleischmann's Active Dry Yeast
1 tablespoon softened Fleischmann's® Margarine
1¾ cups very warm tap water (120°F.–130°F.)
Corn meal
Planters® Peanut Oil
1 egg white
1 tablespoon cold water



The fun begins.
In a large bowl thoroughly mix 1½ cups flour, sugar, salt and undissolved Fleischmann's Active Dry Yeast. Next, add softened Fleischmann's Margarine.

Gradually add tap water. Beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add ¾ cup flour. Beat at high speed 2 minutes, scraping bowl occasionally. Stir in enough additional flour to make a stiff dough.



Turn out onto lightly floured board. Knead until smooth and elastic—about 8 to 10 minutes. Cover with plastic wrap, then a towel. Let rest 20 minutes.

Makes 2 loaves.
Divide dough in half. Roll each half into an oblong shape, approximately 15 x 10 inches. Beginning at wide side, roll up tightly; pinch seam to seal. Taper ends by rolling gently back and forth.

Rising on ice.
Place on greased baking sheets sprinkled with corn meal. Brush dough with Planters Peanut Oil. Cover loosely with plastic wrap. Refrigerate 2 to 24 hours.

When ready to bake, remove from refrigerator. Uncover and let stand at room temperature 10 minutes. Make 3 or 4 diagonal cuts on top of each loaf with sharp knife.

Bake at 425°F. for 20 minutes. Remove from oven. Brush with egg white mixed with cold water. Return to oven; bake 5 to 10 minutes longer, until golden brown.

And enjoy... That aroma and taste of fresh-baked...the creative satisfaction of baking from scratch with Fleischmann's Yeast. It's more than a matter of doing your own baking. It's a wonderfully warm way to express yourself and to express your love for family and friends.



Another fine product of *Standard Brands*

For "BAKE-IT-EASY" RECIPE! see back of pack.



You get more than a rise out of Fleischmann's Yeast.

For additional CoolRise recipes send $1 to: Fleischmann's Yeast Bake-It-Easy Book, P.O. Box 3050, Teaneck, N.J. 07666. Allow 4-6 weeks for delivery. No order accepted without zip code. Offer good in U.S.A. while supply lasts. Offer void where prohibited or restricted.

TENDER CHUNK™ HAM
IT DOES EVERYTHING TUNA DOES EXCEPT SWIM.



TENDER CHUNK™ HAM CASSEROLE

- 1 7 oz. pkg. Creamettes® elbow macaroni
- 1 10¾ oz. can cream of mushroom soup
- ⅔ cup of milk
- 1 cup shredded Cheddar cheese
- ½ teaspoon celery salt
- 1 teaspoon Worcestershire sauce
- 1 can Tender Chunk™ Ham, flaked apart with fork

Cook macaroni. Heat together soup, milk, Cheddar cheese, celery salt, Worcestershire sauce. Add flaked ham, then add mixture to macaroni. Pour into greased 2 qt. baking dish. Bake at 350 degrees for about 45 minutes.

HEARTY CHEF'S SALAD

- ¼ bunch Romaine lettuce
- ½ head lettuce
- ¼ cup chopped green onion
- ¼ cup sliced celery
- 1 can Hormel Tender Chunk™ Ham, flaked apart with fork
- 6 cherry tomatoes cut in half
- 6 ripe olives
- ½ small red onion, sliced
- ¼ cup julienne strips Swiss cheese
- ¼ cup julienne strips Cheddar cheese
- ¼ cup mayonnaise or salad dressing
- 2 tablespoons Italian dressing
- 1 hard-cooked egg, quartered

Line bowl with Romaine lettuce. Tear head lettuce into bite-sized pieces. Toss with next eight ingredients. Chill. Just before serving, toss with dressings. Garnish with egg. Serves 2-3.

HAM-FILLED BUNS

Combine diced American cheese, diced pickles, chopped onion, mayonnaise and Tender Chunk™ Ham (flaked apart with fork). Spread on buns and broil till bubbly.



Tender Chunk Ham is real, honest-to-goodness ham you can flake with a fork and use just like tuna.

Hormel

IRONS

continued

ndow to check water level (tap water is okay). Hamilton ach "Smart Iron," $40.

Streamlined with many special features. Signal light for ety. See-through water tank. Seventy-one steam vents ggered by one button. Self-Cleaning super steam by ctor-Silex, $40.

Jets of steam are often all you need to smooth out your thes. Just add ordinary tap water, plug in and blast away. ounces. Wrinkles Away Hand Steamer, $15.

A lightweight (only 1.6 pounds) that does a big job. rdy with a surge of steam to combat wrinkles. Light 'N sy by General Electric, $22.

Two-in-one, a regular iron and freshening hand steamer. ghly maneuverable (good for people who sew). Low wat- e. Shot of Steam "Today" Iron by Sunbeam, $25.

Ironing has long history

roning can be traced back to the 8th century in China ough art history. Women are pictured running small pans hot coals over their just-cleaned kimonos. The Vikings are orted to have used the jawbone of a cow as well as round ks, glass and wood balls as pressing implements.

n the late 19th century, there were self-heating irons lizing gas or coal oil. These were cumbersome and often ngerous. A noteworthy year, 1940, saw the invention of a ntweight travel iron and an automatic steam iron. Today, re are still three basic types. Dry only (dropping in popu- ty), steam-and-dry and spray-steam-and-dry.

Soleplates can be aluminum, aluminum with a non-stick sh or stainless steel. Aluminum is the least expensive, heats l cools quickly but scratches easily. Marks can be smoothed h a very fine sandpaper or steel wool. Non-stick coated is easiest to clean, glides best but also is the first to wear n. To clean, simply set iron on high for 3 minutes; iron r an old Turkish towel.

Stainless steel soleplates are the toughest to scratch but are re susceptible to starch buildup.

Cleaning Soleplates: Make a paste of gentle household anser and water. Apply to soft cloth; rub on cool iron, iding steam vents. Remove residue with clean damp cloth. iron on lowest setting; run over wax paper. Or try strong egar, undiluted, to wipe off the buildup. Apply with cloth; and shine with soft cloth or paper towel. There's also a ay on the market that helps reduce the buildup before it es on: called Iron Smooth Spray Silicone.

Water: Traditionally, distilled or demineralized water was icated for irons. Some new models take tap water without gging up steam vents with mineral deposits. Read your ructions.

GENERAL TIPS

Always unplug cord from electric outlet to add or empty er and after use. Cool before storing. Wind cord loosely und iron.

Never overfill with water. Many irons now come with er windows for a handy visual guide.

Let an iron preheat for at least 2 minutes.

Lightweight washables, some woolens and loose weaves be steam-ironed when dry. Othere fabrics (polished cot- s, silks or rayons) might water spot.

Use an extra-light touch on knits that are apt to stretch.

Nappy fabrics such as corduroy, velvet or fur blends re- nd to steaming instead of flat pressing.

Don't race over pins, hooks or zippers. Scratches soleplate.

Try to use the full length of the ironing board instead of king up and rearranging the garment (avoids creasing). o, experiment with the height of the board. It's less fatigu- if slightly above elbow height. **End**



ASPARAGUS

continued from page 128

CAPER BUTTER SAUCE

½ cup butter or margarine, melted
3 tablespoons capers
2 teaspoons lemon juice

Mix all ingredients and serve over hot asparagus. Makes ½ cup. About 105 calories per tablespoon.

CREAM OF ASPARAGUS SOUP

Green and spring-like.

2 cups (about 1 lb.) chopped fresh asparagus
1 cup chopped celery
Salt
3½ cups chicken broth
3 tablespoons butter or margarine
3 tablespoons flour
⅛ teaspoon white pepper
⅛ teaspoon nutmeg
½ cup heavy or whipping cream

Place asparagus and celery in saucepan. Add ¼ teaspoon salt and boiling water to cover. Return water to boiling, cook 3 to 5 minutes. Drain. Place asparagus, celery and ¼ cup chicken broth in blender container. Cover and blend until smooth.

In same saucepan, over medium heat, melt butter or margarine. Stir in flour, ½ teaspoon salt, pepper and nutmeg until smooth. Add cream and stir until thick. Gradually add remaining chicken broth, stirring constantly until smooth. Do not boil. Continue cooking over medium heat, stirring occasionally until slightly thickened. Stir in puréed vegetables. *(Can be prepared in advance to this point. Cover and refrigerate overnight.)* Heat and serve. Makes 5 cups. About 210 calories per cup.

BAKED ASPARAGUS AU NATURAL

You'll not end up with soggy asparagus if you use this method. Crunch, crunc yum.

1½ pounds fresh asparagus spears
Salt
Pinch pepper
3 tablespoons butter or margarine

Preheat oven to 300°F. Break off en of asparagus; trim scales and rin Place in 8-inch square baking di Sprinkle with salt and pepper; dot wi butter or margarine. Cover tightly wi foil and bake 30 to 35 minutes. Aspa gus will be crunchy and not lose color. Makes 4 servings. About 120 c ories each.

ASPARAGUS VINAIGRETTE

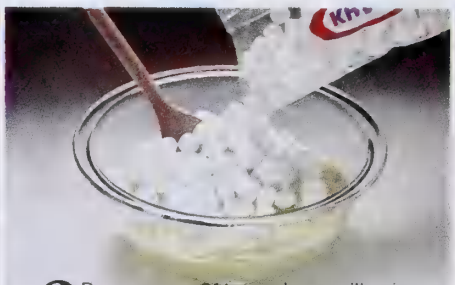
An all-time favorite—and unbeatable.

2 tablespoons tarragon vinegar
3 tablespoons lemon juice
½ teaspoon salt
¼ teaspoon sugar
⅛ teaspoon pepper
⅛ teaspoon dry mustard

(continue



1 Combine 2 cups vanilla wafer crumbs and 1/3 cup Parkay margarine, melted. Press into 9" pie plate. Bake 375°, 8 min.



2 Prepare one 3⅛ oz. pkg. vanilla pie filling, using 1¾ cups milk. Cover surface with transparent wrap; chill. Fold in 1½ cups Kraft miniature marshmallows, 1 cup whipped cream.



3 Slice 2 bananas into crust. Pour filling over bananas. Chill several hours or overnight. Serve and make your family go bananas!

Banana Mallow Pie.



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And with all kinds of customized calling services.

So you can choose a phone that's genuinely her (or him). And still give a phone that's genuine Bell.

Bell System



BE CHOOSEY



ASPARAGUS

continued

1 small garlic clove, crushed
½ cup salad oil
2 pounds fresh asparagus spears, cook and chilled
2 eggs, hard cooked (optional)

Place first 7 ingredients in jar with tig fitting lid. Cover and shake vigorou Add oil and shake again. Serve over paragus. Garnish with chopped e yolks, if desired. Makes 4 servin About 290 calories each. (Egg ad about 40 calories per serving.)

TURKEY ASPARAGUS DIVAN

Use a boneless turkey roast to create t great old standby.

2 lb., frozen, boneless white turkey loaf thawed and cooked as label directs (or 1¼ lb. cooked turkey)
1 can (10¾ oz.) condensed cream of mushroom soup, undiluted
1 cup sour cream
2 tablespoons dry vermouth (optional)
1 can (4 oz.) mushroom pieces, drained
2 pounds asparagus spears, cooked until tender crisp
1 cup (4 oz.) shredded Swiss cheese

Preheat oven to 450°F. Cut turkey l into thin slices; set aside. In medi bowl mix soup, sour cream, vermou and mushrooms. Spread about ⅓ c mushroom mixture on bottom of 12 inch baking dish. Arrange turkey slic overlapping slightly on bottom of di

Place asparagus on top. Spoon maining sauce over asparagus; sprin with cheese. Bake 15 to 20 minutes until cheese melts and mixture is hea through. Makes 6 servings. About 4 calories per serving.

STIR-FRIED ASPARAGUS

Quick, crunchy, tasty.

2 pounds fresh asparagus
1 tablespoon cornstarch
½ cup chicken broth
1 tablespoon dry sherry
1 tablespoon soy sauce
1 teaspoon cider vinegar
¼ teaspoon sugar
¼ teaspoon dry mustard
3 tablespoons salad oil
¼ teaspoon salt
1 garlic clove, crushed

Cut asparagus diagonally into 1-in pieces; set aside. In small bowl ble cornstarch and chicken broth. Stir next 5 ingredients and set aside.

In Dutch oven or large skillet heat over high heat until hot but not sm ing. Add asparagus and cook stirr quickly and frequently (stir-fry), un well coated. Sprinkle with salt and ga and continue stir-frying about 3 to minutes until tender crisp. Stir in co starch mixture and continue stir-fry 1 more minute until it thickens sligh and coats asparagus. Makes 6 servin About 115 calories per serving. E

Delicious deal from Reynolds Wrap.®

5-piece Corning Ware® set for only $8.98.

A $21.30* value.



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you can cook, serve and double batch in your very -piece Corning Ware "Cook 'n' Cover Set," in the c Cornflower emblem. You'll save a pot of money and time, too. Because with Corning Ware cookware and lds Wrap aluminum foil you can double batch recipes. ouble your favorite recipe. Serve one batch, freeze the for another meal.

ou get all this for only $8.98. One 1½-qt. Corning saucepan and lid, one 1-qt. Corning Ware saucepan d, plus one plastic storage cover that fits both sauce- You'll even get delicious new recipes from the lds Wrap Kitchens for Chicken Florentine and Cherry ian Cream shown above, plus other recipes created ially for your new Corning Ware cookware.

s how to get your set. Just fill out order form at right, n **specially marked 25-sq. ft. Reynolds Wrap carton,** ail it with check or money order for $8.98. You must le the Corning Ware cookware proof-of-purchase from ynolds Wrap carton.

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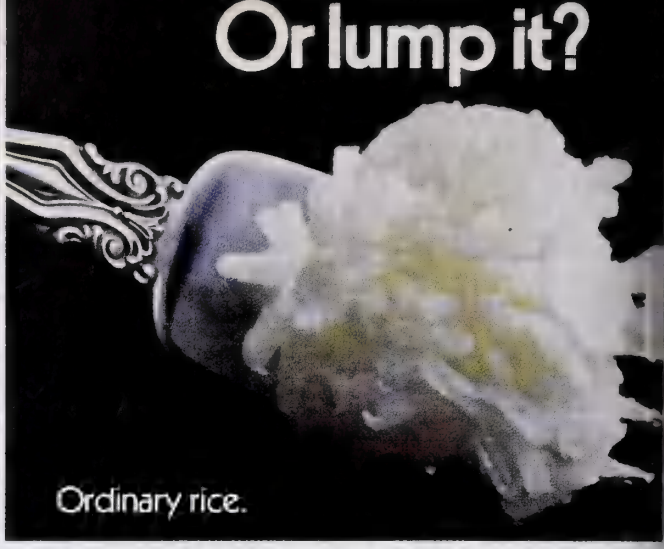
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You don't boil foolproof Minute® BRAND Rice. So it can't overcook or undercook. Minute Rice can't come out sticky...soupy...lumpy ...like ordinary rice sometimes can.

Minute Rice. Perfect rice everytime.

Above photos enlarged to show texture.

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FROM THE FREEZER

continued from page 125

One of the aims of the *Journal's* party series has been to ease last-minute pressures with as many "do-aheads" as possible. This month we've found the ultimate answer: "freeze-aheads." To help you use your friendly freezer to the fullest, here are some tips for breezy freezing.

• When you're in the mood to cook, double your recipes—one for now, one for the freezer. It takes no more time to double up this way. • We're often asked if piping-hot foods can go directly into the freezer. Yes, if the quantities are small (such as leftovers) but they shouldn't touch other frozen foods. Otherwise, larger casseroles should be cooled down to room temperature—they'll freeze faster. • To speed up freezing, place food on freezer bottom or next to the coils. Once frozen, rearrange. • Try to freeze foods in meal-size portions to prevent leftovers. • What's the life span on frozen foods? If your freezer is kept at 0°F.—safely for about a year. However, we suggest you check your freezer guide for recommended maximum freezing times for specific foods. These times tend to be conservative, intended to preserve maximum taste and texture. • If you're serious about freezing, you probably have a separate freezer or a 2-door combination refrigerator-freezer. Invest in a refrigerator/freezer thermometer to insure maintenance of a 0°F. temperature *at all times*. If, however, you own a single door refrigerator, it's unlikely your freezer temperature will be as low as 0°F. In this case set the control to maintain as cold a temperature as possible. • Protect your foods with special freezer wraps, sealed and labeled with freezer or masking tape. Or if you plan to freeze a great deal, invest in one- and two-quart strong plastic containers. Straight sides and flat tops make them compact and stackable. • When labeling, note freezing date, number of servings and any special last-minute cooking or baking instructions (e.g. "stir in sour cream before serving"). • To save time, freeze casseroles right in oven-proof serving dishes. Or, if you need the dish and some extra space, line the casserole with ample layers of heavy-duty foil. Add the food; freeze. Once frozen—remove, wrap up and set back in freezer. To reheat, merely remove from foil and slip into the same dish. • You can safely refreeze frozen foods that have partially thawed if they still have ice crystals. Or still feel cold (about 40°F). One exception: frozen fish. Once partially thawed, fish needs to be cooked right away. • For super-easy organ tion, separate your frozen things i quick-thaw and long-thaw sections. I hurry—you can grab a fast dinner a glance. • More foods can be frozen s cessfully than not. Don't be afraid to periment, even if you can't find any s cific instructions. Some definite no- to keep in mind: salad greens, radis and tomatoes lose crispness. Gel weeps when thawed (unless blen with products such as cream cheese heavy cream). Meringues toughen— some people like them chewy. Cust and cream pie fillings tend to get wa and lumpy. • As we mentioned bef almost every food can be frozen. S we thought it might be fun to mak list of things you've probably never sidered freezing:

A few extra spoonfuls of grated le or orange rind, whipped cream mato paste. Leftover gravy.

Prunes, raisins, dates and figs. Ol and pimientos.

Nuts, water chestnuts. Cocktail ions, anchovies.

Cooked egg yolk for garnishes.

Grated cheeses.

Citron or glaced fruit (buy whe sale).

Blue cheese for salads (gets crumbly). Brie, Camembert, Salud; freeze when ripe.

Milk, light or heavy *(contin*



Photo enlarged to show texture.

.and you're still eating plain cereal?

C'mon now! You know fruit and cereal beats plain cereal any day.

That's why Post puts so many plump, tender raisins in Post® Raisin Bran... So you can enjoy fruit and cereal in every spoonful.

So which would you rather have? Plain cereal or Post Raisin Bran.



GF
GENERAL FOODS

Post® Raisin Bran.
'The fruit and cereal lover's cereal.'™

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FROM THE FREEZER

continued

cream for cooking. (But don't plan to whip cream once frozen.)

Brown sugar (stays soft).

Fresh garlic. Break bulb up into individual cloves.

Fresh herbs. Wash, dry; freeze to use for cooking.

Parsley. Wash, drain well and chop.

Fresh bread crumbs. Won't get moldy.

Lemon and lime juice.

Sandwich fidings—as long as you keep in mind the "mayo-ratio." Tuna salad, etc., will freeze well if the mayonnaise doesn't exceed ⅓ the total amount of ingredients. Before filling a sandwich to be frozen, spread butter or margarine to edges of bread. Otherwise, bread gets soggy.

A word about thawing . . . The quickest way is to use the microwave oven, following manufacturer's instructions. (Many models now have defrost cycles). • *Beef*—thaw in the refrigerator, allowing 4 to 7 hours per pound for thick steaks and roasts over 4 pounds, 3 to 5 hours per pound if under 4 pounds. Figure about 3 hours for a 1 pound package of ground beef or stew meat. • *Turkey*—allow 2 to 3 days in your refrigerator. Or cover with cold water (changing water occasionally), allowing ½ hour per pound. Be sure and cook or refrigerate the turkey once thawed. • *Chicken*—thaw in refrigerator, 5 to 6 hours per pound. • *Pork*—follow guidelines for beef. For chops, thaw in refrigerator 4 to 5 hours. • *Fish*—partially thaw in refrigerator, allowing 3 to 4 hours. (Partially-thawed fish cooks more uniformly). In a hurry? Cut frozen fish fillets into chunks and add to boiling liquid. • *Casseroles*—cook from frozen state (ideal if you've frozen them in freezer-to-oven dishes).

More chilling tips . . . • Stormy weather and mechanical failures sometime cause your freezer to shut off. What can you do to save the food? First, check the reason. Has a fuse blown? If it's a local blackout, your utility company will issue a time estimate. Don't panic—a nearly full freezer will hold for two days when off. Just don't open the freezer door. • Two last reminders: Food doesn't miraculously improve in the freezer. Select only high-quality foods in the first place. And don't think of your freezer as a storage bin—it's a handy working partner to save you time and energy when you need it most.

COCKTAILS

All pictured on page 122

HERB DIP

Bet you didn't know you could freeze a dip! We did and this one proves it can be done—it's delicious.

¾ cup cottage cheese
½ cup mayonnaise
¼ cup sour cream
2 tablespoons chopped parsley
1 tablespoon chopped chives
1 tablespoon grated onion
1 small garlic clove, crushed
1 teaspoon Worcestershire sauce
½ teaspoon salt
Dash hot pepper sauce
Assorted fresh vegetables

In small bowl combine all ingredients except vegetables. To serve immediately, spoon into serving bowl. Serve with assorted vegetables or chips.

To freeze: Place in freezer container and cover. Freeze up to 3 months. Thaw in refrigerator for 24 hours before serving. Stir well before serving. Serve with fresh raw vegetables or chips. Makes about 2 cups. About 35 calories per tablespoon, without vegetables or other accompaniments.

PORK SLICES WITH HOT MUSTARD SAUCE

Keep a marinated pork loin in your freezer for instant appetizers. Makes great sandwiches too.

1½ pounds boneless pork loin, in one piece
Marinade
¼ cup soy sauce
1 tablespoon brown sugar
1 tablespoon cider vinegar
3 garlic cloves, crushed
½ teaspoon salt
Hot Mustard Sauce (Prepare 24 hours before serving)
½ cup dry mustard
½ cup cider vinegar
½ cup sugar
1 egg yolk

Cut pork loin in half lengthwise. Place ingredients for marinade in shallow dish, stir to combine. Add pork and turn to coat; cover dish and marinate in the refrigerator 4 hours or overnight, turning occasionally.

Preheat oven to 375°F. Drain meat and place in open roasting pan. Reserve marinade. Roast pork for 35 minutes or until meat thermometer reaches 170°F., basting occasionally with marinade. To serve immediately, cut meat into ¼ inch slices. Serve with mustard sauce.

To freeze: Remove from pan, discard marinade, wrap meat securely in foil and freeze up to 3 months.

To serve, preheat oven to 350°F. Place frozen wrapped pork on baking sheet in oven for 45 minutes or until heated through. Cut into ¼-inch slices. Serve with toothpicks and hot mustard sauce. Makes 24 slices. About 80 calories per slice.

Sauce: Begin preparation of sauce 24 hours before serving. In small saucepan, combine dry mustard and vinegar. Cover and allow to stand overnight.

The following day, stir sugar and egg yolk into mustard vinegar mixture. Cook over medium-low heat, stirring constantly until slightly thickened. Makes 1 cup. About 10 calories per teaspoon.

MUSHROOMS GRANDMÈRE

Now you can always have a supply of stuffed mushrooms for cocktails or an occasion.

1½ pounds medium mushrooms (about 30)
¼ cup olive oil
2 garlic cloves, crushed
½ cup plain dried bread crumbs
⅓ cup grated Parmesan cheese
2 tablespoons chopped parsley
½ teaspoon basil
½ teaspoon salt
⅛ teaspoon pepper

Preheat oven to 350°F. Remove mushroom stems from caps, set aside. Chop stems. In medium skillet, heat olive oil. Add stems and garlic and sauté until tender, about 5 minutes. Cool. Stir in remaining ingredients.

Place the caps on a slightly oiled pan. Fill each cavity with some bread crumb mixture. Bake for 15 minutes. Serve immediately.

To freeze: Cool baked mushrooms, wrap securely in a pan. Or transfer to freezer container; cover. Freeze up to 3 months.

To serve, unwrap and place frozen mushrooms on greased cookie sheet in a preheated 350°F. oven. Heat for 15 to 20 minutes. Makes about 30 mushrooms. About 35 calories each.

LIPTAUER CHEESE SPREAD

Grand with drinks.

1 cup (8 oz.) cottage cheese
1 package (8 oz.) cream cheese, at room temperature
½ cup butter or margarine, melted
1 tablespoon paprika
2 tablespoons capers, drained
3 flat anchovy fillets
2 green onions, cut in ½-inch pieces
¾ teaspoon caraway seeds (optional)
½ teaspoon salt
Party pumpernickel or rye bread slices or crackers

Place all ingredients except bread in blender container or food processor. Cover and blend at high speed until smooth. Stop blender occasionally and scrape down sides as needed. Serve with bread or crackers.

To freeze: Spoon into 1-quart freezer container; cover and freeze up to 3 months. To serve, thaw in refrigerator 36 hours before serving. Stir before serving. Serve with party breads or crackers. Makes about 3 cups. About 40 calories per tablespoon of spread.

CLAM PUFFS

Dandy little appetizers to have stashed away for any occasion.

Puffs
½ cup clam juice (drain from clams used below; add water if needed)
¼ cup butter or margarine
½ cup unsifted all-purpose flour
2 eggs

(continued)



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ake 'n Bake® Barbecue Style turns your oven into a barbecue grill.

COATING MIX

Just shake, then put in oven. No turning or basting. While your chicken's king, Shake 'n Bake® ting mix Barbecue Style kes its own honest-to-goodness barbecue sauce. Terrific flavor—tangy and tomatoey like real outdoor barbecued chicken.

There's one for chicken, one for pork. Try both!



Filling

1 can (8 oz.) minced clams, drained well
2 packages (3 oz. each) cream cheese with chives, at room temperature
¼ teaspoon salt
3 dashes hot pepper sauce
Pinch garlic powder

In a small saucepan, heat clam juice and butter or margarine over medium heat until juice is boiling and butter or margarine has melted. Remove from heat. Immediately add flour all at once. Stir briskly with a wooden spoon until the mixture forms a ball and leaves the side of the pan. With wooden spoon beat in the eggs, one at a time, until well mixed.

Preheat oven to 375°F. Grease a large cookie sheet. Drop dough by teaspoonfuls onto cookie sheet, about 2 inches apart. (Or spoon dough into a pastry bag with a number 5 or 6 tip. Squeeze mixture onto cookie sheet.) Bake for 25 to 30 minutes until puffs are golden brown. Cool on wire rack. When cool, cut puffs in half.

Filling: In a small bowl combine all filling ingredients and stir until well blended. Spoon small amount of filling into each puff. Heat in oven for 5 minutes. Serve immediately.

To freeze: After filling puffs, do not heat but transfer to freezer containers, cover and freeze. Or freeze on flat pan and once frozen, transfer to plastic bags; tie securely. Freeze up to 4 months.

To serve, unwrap and place on cookie sheet. Place puffs in 350°F. oven for 15 to 20 minutes. Makes about 40 puffs. About 30 calories each.

SALMON MOUSSE

Yes, Virginia, you can freeze a mousse. This one at least. Try it!

½ cup water
1 envelope unflavored gelatin
2 tablespoons lemon juice
1 small onion, sliced
½ cup mayonnaise
2 tablespoons prepared horseradish
1 teaspoon dill weed
½ teaspoon salt
¼ teaspoon paprika
1 can (15½ to 16 oz) salmon, well drained
1 cup heavy or whipping cream
2 teaspoons salad oil for mold
2 medium cucumbers, sliced (at serving time)

In small saucepan, mix water and gelatin. Let stand 1 minute. Place over medium heat until gelatin is completely dissolved, stirring constantly, about 1 minute. Pour into blender container or food processor. Add lemon juice and onion, cover and blend at high speed for 10 seconds. Add mayonnaise, horseradish, dill weed, salt, paprika and drained salmon. Pour heavy cream over all; cover and blend at medium speed until smooth.

Lightly oil a 4-cup mold. Pour salmon mousse into mold. Cover and refrigerate until set, about 2 hours or up to 24 hours.

To serve immediately: Unmold onto plate; serve with cucumbers.

To freeze: After mold has set, wrap in heavy-duty foil and freeze up to 2 months. To serve, thaw in refrigerator at least 24 hours. Unwrap mold and dip in warm water. Invert onto serving plate.

Serve as a spread for cucumber slices, party rye or crackers. About 30 calories per tablespoon of mousse.

DINNER

All pictured on page 124

SPRING GARDEN VEGETABLE SOUP

Veggies maintain their deliciously fresh flavor in this easy-to-make soup (and it's even easier if you have a food processor to aid in the slicing).

2 leeks
¼ cup butter or margarine
1 cup fresh or frozen green peas
½ pound (about 1½ cups) fresh green beans, cut in 1-inch slices
4 medium carrots, cut in ¼-inch slices
2 ribs celery, cut in ¼-inch slices
½ pound mushrooms, sliced
5 cups beef broth
½ teaspoon basil
⅛ teaspoon pepper
Salt to taste

Cut leeks in half lengthwise and rinse thoroughly. Using white part and about 3 inches of the green, cut in ½-inch slices.

In large saucepan, melt butter or margarine. Add leeks, peas, beans, carrots and celery and sauté 20 minutes, stirring occasionally. Stir in mushrooms and sauté 5 more minutes. Add beef broth and seasonings.

To serve immediately: Heat soup to simmer, stirring occasionally.

To freeze: Spoon into two 1-quart freezer containers, leaving ½-inch head space. Cover and freeze up to 3 months.

To serve, transfer frozen soup to large saucepan. Place over medium heat. Cover and cook, stirring occasionally, until thawed and heated through, about 35 to 40 minutes. (Do not overcook or the vegetables lose their crunch.) Makes 9 cups. About 105 calories per cup.

"BEEF IN THE POCKET" FLANK STEAK

A seasoned ground beef filling makes this flank steak special.

1 beef flank steak (2 to 2½ lbs)
4 tablespoons butter or margarine
2 tablespoons salad oil
4 slices firm white bread, crusts removed, cut into ½-inch cubes
1 pound ground beef
2 eggs, lightly beaten
1½ cups chopped onions
2 tablespoons chopped parsley
Salt and pepper
1½ teaspoons thyme
¼ teaspoon sage
2 carrots, chopped
2 tablespoons flour
2 bay leaves
2 cups beef broth
1 cup dry red wine
½ cup tomato juice

Place steak on a cutting board and c a "pocket" into it. With a sharp kni held parallel to the meat, cut it on o long side, leaving about 1 inch of unc meat around three remaining sides. S meat aside. In a large Dutch oven he 2 tablespoons butter or margarine a the salad oil. Add bread cubes and sau until golden brown on all sides. Remo and set aside. Wipe out pan.

In large bowl combine ground be eggs, ¾ cup chopped onion, parsley, teaspoons salt, ¼ teaspoon pepper, ½ te spoon thyme and ¼ teaspoon sage. S in bread cubes. Spoon stuffing into m pocket and bring the lower edge of t opening up over the top edge. Press seal. Tie the steak with string every inches to form a long neat bundle. Spr kle with additional salt and pepper.

In the same Dutch oven, melt rema ing 2 tablespoons butter or margari over medium-high heat. Brown meat all sides. Add remaining chopped onio thyme and carrots. Sprinkle on flour a stir until well combined. Cook for minutes. Add bay leaves, beef bro wine and tomato juice. Heat to boili Reduce heat and simmer 1 hour 15 m utes, turning occasionally. To serve i mediately, remove meat from gravy; c card string. Slice meat and arrange platter. Pour some gravy over slic meat. Pass remaining gravy.

To freeze: Prepare meat as abo but cook only 1 hour. Place meat a gravy in a freezer-to-oven dish. Wi well and freeze up to 2 months. To p pare, cover dish with foil. Bake froz meat in 350°F. oven for 2½ to 3 ho until meat is heated through and reg ters 140°F. on meat thermometer. Ti meat occasionally. Remove meat fr gravy and remove string. Slice meat a serve with gravy. Makes 6 servin About 600 calories each with gravy.

FARINA GNOCCHI PARMESAN

A pleasant change from potatoes, pa or rice. Make sure your Parmesan che is fresh.

4 cups milk
2 teaspoons salt
1 cup regular enriched farina (or cream of wheat); do not use instant
½ cup plus 2 tablespoons butter or margarine
6 tablespoons (1½ oz.) grated Parmesa cheese
Freshly ground black pepper

In a medium saucepan heat milk just a boil; reduce heat. Add salt and gra ally sprinkle in farina, stirring consta ly. Cook over medium heat, stirring casionally, until mixture is very th 3 to 5 minutes. Stir in ½ *(continu*



When you fix KRAFT Macaroni & Cheese you know they're going to like it.

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FROM THE FREEZER

continued

cup butter or margarine and 3 tablespoons cheese until both are melted.

Rinse a 15½x10½-inch jelly roll pan with cold water; do not dry. Spread farina evenly in the pan. Refrigerate for 30 minutes. With 2¼- or 2½-inch round cookie cutter, cut farina into rounds, as close as possible to each other. Reserve pieces between rounds. (You can also cut farina into squares or triangles with a knife.) Place scraps in bottom of a 12 x8-inch greased freezer-to-oven dish. Place the rounds in overlapping layers on top of the scraps. Dot with remaining 2 tablespoons butter or margarine. Sprinkle with remaining Parmesan cheese and freshly ground pepper.

To serve immediately: Bake at 350°F. for 20 to 30 minutes.

To freeze: Wrap well and freeze for up to 2 months. To serve, unwrap and place frozen in preheated 350°F. oven and bake for 1 hour until hot and lightly browned.

Makes 6 servings. About 400 calories each.

LATE SUPPER

All pictured on page 124

COLD RHUBARB-STRAWBERRY SOUP

A colorful and refreshing way to start a spring meal.

3 cups (1 pound) rhubarb, cut in ½-inch slices
3 cups water
¾ cup sugar
1 teaspoon grated orange peel
1 cup (½ pint) strawberries, hulled
⅓ cup dry white wine
Sour cream, for garnish
4 whole strawberries, for garnish (optional)

In large saucepan heat rhubarb, water, sugar and orange peel to boiling. Reduce heat and simmer 20 minutes. Cool. Place half the soup into blender container with the 1 cup of strawberries. Blend on high speed until smooth; stir into remaining soup. Serve chilled.

To freeze: For a quick thaw: Pour soup into 2 or 3 ice cube trays; freeze. When frozen, remove from trays and place in plastic bags; wrap securely. Freeze up to 2 months. To thaw in 15 minutes place 10 cubes in small saucepan, heat over high heat until cubes melt and begin to boil.

Place remaining cubes in blender container, pour hot soup over; cover and blend until smooth. Makes 5 cups. Serve with a dollop of sour cream. About 220 calories per serving, without sour cream.

If you're not in such a hurry, pour rhubarb soup into a 6-cup freezer container. Cover and freeze up to 2 months. Thaw in refrigerator for 24 hours. Stir before serving. Serve as above with the sour cream.

SHRIMP CREPES PARISIENNE

These vermouth and Swiss cheese-enhanced crepes, can be served to your guests within 45 minutes after removing from the freezer. Great for impromptu entertaining.

Crepes
1 cup milk
2 eggs
¾ cup flour
2 tablespoons butter or margarine, melted
½ teaspoon salt
About 1 teaspoon butter or margarine to grease pan

Filling
2 tablespoons butter or margarine
2 cups diced (about 1 pound) shelled and deveined shrimp
¼ cup chopped green onions
¼ cup dry vermouth
¼ teaspoon salt
⅛ teaspoon pepper

Sauce
¼ cup dry vermouth
2 tablespoons cornstarch
2 cups half and half cream
¾ teaspoon salt
1 cup shredded Swiss cheese

Crepes: Place all ingredients in blender container. Cover and blend until well mixed and smooth, stopping blender occasionally and scraping sides of container with rubber spatula. Batter should "rest" for 2 hours at room temperature or cover and refrigerate overnight before using.

To cook crepes: Stir batter before using. Wipe a 7-inch crepe pan or skillet with a small piece of butter or margarine on a piece of paper towel. Heat pan over medium-high heat. Pour about 2 tablespoons batter into pan, tilting until bottom is covered. Cook until golden around the edges and dry in middle. Turn and cook briefly on other side. Cool on wire rack before stacking. (Further greasing of pan should be unnecessary. Continue making crepes, stacking after they cool. Set aside.

Filling: In medium skillet melt butter or margarine. Cook shrimp and green onions, stirring constantly, for 1 minute. Add vermouth, salt and pepper and allow to boil until most of the liquid has evaporated. Remove shrimp to a bowl; set aside.

Sauce: In same skillet boil ¼ cup vermouth until it has reduced to about 1 tablespoon. Remove from heat. In small bowl combine cornstarch with 2 tablespoons of the cream. Stir in remaining cream and salt. Add to skillet and cook until thickened, stirring constantly with wire whisk. Remove from heat, add ½ cup of the cheese and stir until cheese is melted.

To assemble: Stir ⅓ cup sauce into the shrimp. Place a generous tablespoon filling on bottom third of each crepe. Roll up and place in greased *(continued)*



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FROM THE FREEZER

continued

13x9-inch baking dish. Spoon remaining sauce evenly over crepes, covering them completely. Sprinkle with remaining cheese.

To serve immediately: Bake in 350°F. oven for 15 to 20 minutes or until heated through.

To freeze: Prepare as above but do not bake. Wrap well and freeze up to 2 months. To serve, unwrap and place frozen in preheated 350°F. oven for 45 minutes until bubbly.

Makes 4 servings of 3 crepes each. About 695 calories per serving.

DESSERTS

All pictured on page 125

ALMOND TORTE (Pithiviers Torte)

This specialty, a must for almond lovers, is from Pithiviers, a town south of Paris. We've simplified the recipe by using frozen patty shells.

1 package (10 oz.) frozen patty shells
Almond Filling
⅓ cup butter, at room temperature
⅔ cup confectioners' sugar
1 egg
⅔ cup finely ground blanched almonds
2 tablespoons light rum
Glaze for top
1 egg, beaten with 1 teaspoon water
1 teaspoon confectioners' sugar

Defrost patty shells in refrigerator overnight or at room temperature until workable but still cold to the touch.

Filling: In a small bowl cream butter and sugar. Stir in egg until well combined. Stir in almonds and rum. Cover and refrigerate until firm, about 2 hours. (Or place in freezer for 45 minutes.)

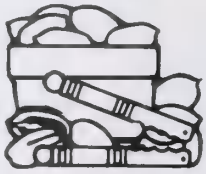
Place 2 whole patty shells side by side on a lightly floured surface. Cut a third shell in half and place halves overlapping the bottom of each whole patty shell to form a rectangle. Roll into a 10-inch square. Place a 9-inch round dish or cake pan on the dough and cut around edge with sharp knife. Place the circle of dough on an ungreased baking sheet. Repeat making another 9-inch circle with remaining patty shells; set aside.

Mound the chilled almond filling in the center, on bottom of 9-inch dough leaving a 2-inch border. With a brush, moisten border with water. Place the second circle over filling and gently stretch dough with your fingers until it meets the edge of the bottom layer. Press down firmly, pushing out any air. Brush torte with egg.

With the tip of sharp knife make ½-inch slits, 1 inch apart around edge of dough. With the knife tip, mark top with a decorative design, drawing curves from the middle to the edge of the torte to form a pinwheel. Place in freezer 1 hour.

Preheat oven to 450°F. Remove torte from freezer and bake 15 minutes. Reduce oven temperature to 400°F. and bake 15 minutes. Sprinkle lightly with confectioners' sugar and bake another 10 minutes until sugar melts. Remove to rack and cool. Serve immediately.

To freeze: Wrap securely and freeze up to 3 months. To serve, thaw at room temperature for 3 hours. Makes 8 to 10 servings. About 345 calories each for 8 servings; 275 each for 10.



CHOCOLATE CHEESECAKE

For chocolate fanciers this may be the ultimate.

¼ cup water
1⅓ cups (8 oz.) semisweet chocolate pieces
1 cup crushed chocolate wafers (about 20)
¼ cup butter or margarine, melted
3 packages (8 oz. each) cream cheese, at room temperature
1 cup sugar
2 eggs
1 cup sour cream
1 teaspoon vanilla extract
Confectioners' sugar and chocolate curls for garnish, if desired.

In small saucepan heat the water to boiling. Reduce heat to low, add chocolate pieces and stir until melted. Cool slightly.

Preheat oven to 350°F. In small bowl, combine wafer crumbs and butter or margarine. With back of spoon, press the mixture onto the bottom of a 9-inch springform pan; set aside. In large mixer bowl with electric mixer at medium speed, cream the cheese until light and fluffy. Add sugar and eggs and continue beating until well blended.

Add melted chocolate and beat on low speed. Add sour cream and vanilla and continue beating until well blended. Pour batter into the prepared pan. Bake for 55 to 60 minutes. (The sides will be puffed and the center soft. The cake will firm as it cools.) Place cake on wire rack and cool for several hours before removing the sides of the pan.

To serve immediately: Garnish with confectioners' sugar and chocolate curls. Serve at room temperature.

To freeze: Do not garnish. Wrap well and freeze up to 4 months. To serve, unwrap and allow to thaw at room temperature for 3 to 4 hours. Garnish with confectioners' sugar or chocolate curls, if desired, before serving.

Makes 12 to 16 servings. About 490 calories each of 12 servings; 365 for e of 16 servings.

PARADISE PINEAPPLE

We prefer pineapple that has b frozen to be a bit ice-crystally. It's re better that way.

2 ripe pineapples, peeled, cored and cut into ½-inch chunks (about 5 cup
½ cup canned unsweetened pineapple juice (or fresh juice squeezed from pineapple meat remaining on rind)
½ cup port wine
¼ cup sugar
1 orange peel, cut in julienne strips

Place pineapple chunks in medium b In small saucepan heat juice, wine sugar to boiling. Reduce heat, add ange peel and simmer for 15 min Pour hot syrup over pineapple. Stir

To serve immediately: Cool until chilled.

To freeze: Pour into 1½-quart fre container. Cover and freeze for up months. To serve, thaw at room tem ature for 3 hours, separate pieces wi fork. Or thaw in refrigerator, cove overnight. Makes about 6 cups. Al 70 calories per ½ cup serving.

STRAWBERRY CHARLOTTE

Nothing says springtime like f strawberries—and here's a divine wa enjoy them.

2 pints strawberries, rinsed, hulled an halved
2 tablespoons lemon juice
¾ cup sugar
⅛ teaspoon salt
2 envelopes unflavored gelatin
¼ cup cold water
2 cups heavy or whipping cream
About ¼ cup orange-flavored liqueur
2 packages (3 oz. each) ladyfingers, separated
Garnish (at time of serving) with whipp cream and whole fresh strawberries

Place strawberries, lemon juice, su and salt into blender container. C and blend until strawberries are pur Pour into medium bowl.

In small saucepan sprinkle gel over cold water. Let stand 1 min Place over medium heat and stir stantly until gelatin is completely solved, about 1 minute. Remove f heat. Stir gelatin into strawberries chill to consistency of unbeaten whites, about 15 to 20 minutes.

Meanwhile, whip cream until peaks form; fold into strawberry gel Pour liqueur into a bowl, then qui dip all ladyfingers into liqueur. Pla to 10 in a single layer on bottom o inch springform pan. Place 10 to 13 n ladyfingers around the sides of about 1 inch apart. Pour ⅓ of strawb gelatin into pan. Add another laye liqueur-dipped ladyfingers. Repeat ering 2 more times. Place remai ladyfingers in spoke-fashion on Cover and refrigerate until set, abo to 3 hours. Remove sides of *(contin*

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Quick 'n Easy Creamy Italian Recipe

Combine 1 envelope GOOD SEASONS® Italian or Bleu Cheese Salad Dressing Mix, 1½ teaspoons vinegar and ⅓ cup water in bowl; mix well. Add 1¼ cups mayonnaise; mix with fork until smooth. Cover; refrigerate. Makes 1½ cups.



"All right," I said.
"I'll do something different
with my pork chops."
So I added a blend of
two rices with different
herbs and seasonings.



What a success.



original . . . or fast cooking

pan. Serve immediately. Garnish whole strawberries and whipped cr
To freeze: Prepare as above. Once wrap securely and freeze up to 2 mo To serve, thaw in refrigerator f hours. Remove sides of pan. Ga with additional strawberries whipped cream, if desired. Make servings. About 210 calories per ser

FANTASTIC LEMON CAKE

We flipped over this one!

Cake
- 1 tablespoon butter or margarine, for cake pan
- 2¾ cups plus 2 tablespoons all-purpose flour
- 2 teaspoons double-acting baking powder
- ¼ teaspoon salt
- 1 cup butter or margarine, softene
- 2 cups sugar
- 4 eggs
- 1 cup milk
- 2 scant tablespoons (about 2 lemo finely grated lemon peel

Glaze
- ⅓ cup lemon juice
- ¾ cup sugar

Generously butter a 9-inch (12- turk's head mold, 9-inch tube pan o cup Bundt pan. Dust lightly wi tablespoons flour, tapping out exce a medium bowl combine rema.nin cups flour, baking powder and sal aside.

In a large mixer bowl with ele mixer at medium speed, cream b with sugar until light and fluffy, s ing the sides of the bowl occas o Beat in eggs, one at a time, beating after each addition.

Preheat oven to 350°F. Re speed to low and add the dry ing ents alternately with milk, begi and ending with the flou mix Scrape sides of the bowl with a ru spatula as needed. Beat until sm after each addition. Do not ove Fold in lemon peel. Pour batter ev into the prepared pan. Bake for 1 and 10 minutes or until a toothpic serted in center of cake comes out c Remove from oven. Let cake sta pan for 5 minutes. Invert onto wire Place rack on piece of waxed p Brush all the glaze (see below) *hot* cake. Cool completely before ing.

To freeze: Wrap securely and f for up to 4 months. To serve, tha room temperature for 4 hours b serving. Makes 12 servings. About calories per serving.

For Glaze: Do *not* mix glaze until r to brush on cake. In a small bow the lemon juice and sugar together. sugar will not dissolve.)

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REDEEM PROMPTLY



Spending Your Money

continued from page 24

NOT SELL before he actually turns 65, or he will lose the break.

In addition, while the break is available if either your father or mother is at least 65, they must file a joint return, if your mother is below that age and your parents own the house jointly. And warn them that the tax break is not automatic; they must choose it. They must have used their property as their principal residence at least five of the eight years before the sale. And they get the break only once. There are other key rules that should be checked out with utmost care. But remember, watch your timing!

We have two children graduating from college this spring, and two more still in college. We can't support them all much longer! What's the job outlook for this spring-summer's college graduates?

"Good to very good," according to a survey of more than 400 employers in business, industry and government by Michigan State University. The best opportunities, says John D. Shingleton, director of placement at MSU, are in accounting, banking, finance and the food-and-beverage industry. Good opportunities also are seen in the auto industry, electronics and retailing.

I'm shopping for a used car that I can depend on. I've seen a lot of fairly new cars on used car dealer lots at what seem to be ridiculously low prices. What's the catch?

The newer the car, the more likely it is to be one that has been driven a lot of miles. Just assume that taxis and police cars (which get a real workout) have been driven 50,000 to 75,000 miles in a single 12-month period—no matter what the odometers say and no matter how stiff the penalties have become for "spinning" (rolling back) the mileage count. Cars in non-personal service are traded an average of every 2.4 years while private owners keep their cars an average 5.3 years. That comparison is a revealing signal. Be suspicious of, and double-check, all claims. Only if you are wary will you avoid getting stuck with a high-mileage heap when you thought you had bought a little-used cream puff.

We're planning to build our first home and can't decide whether to build a three-bedroom house (which is just what we need) or to build more bedrooms. We understand that the bigger houses are more salable.

Of all new homes built as of 1976 (the most recent reporting date on this subject), two-thirds had three bedrooms—obviously, the most popular size. 26 percent had four or more bedr and a tiny 7 percent had two bedr or less. Stick with your own needs; appear to be typical.

MAY RECIPE INDEX

Here is a listing of recipes appearing in thi sue including those from the Journal kitc and advertisements. All have been tested by home economists.

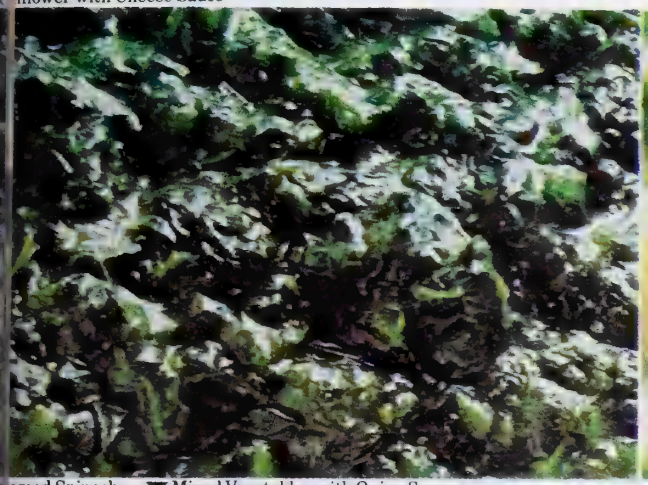
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iflower with Cheese Sauce



▲ French Green Beans with Toasted Almonds



amed Spinach

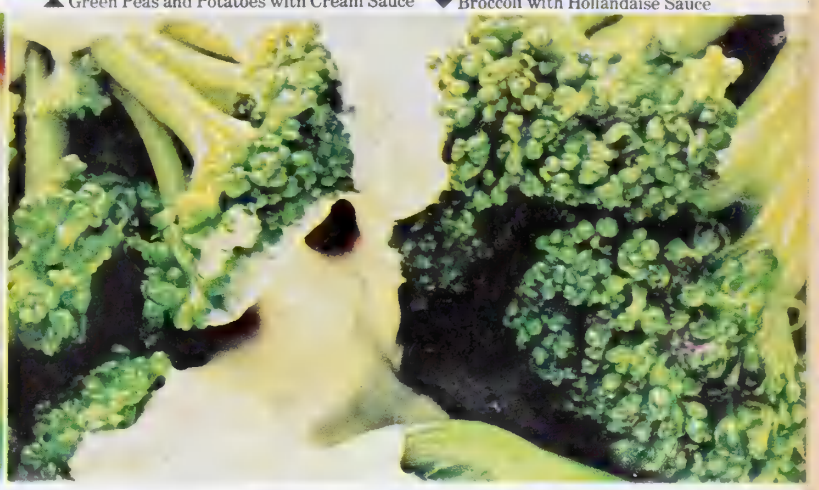


▼ Mixed Vegetables with Onion Sauce

▲ Green Peas and Potatoes with Cream Sauce

▼ Broccoli with Hollandaise Sauce





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s your husband think your vegetables are all alike as peas in a
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kind that makes him keep on asking you to pass the vegetables
to him.



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The first vegetables your husband might even notice.

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A DIFFERENT KIND OF SPRING

continued from page 109

pause, the light, quick feet on the stairs and there was the girl.

Well, at least she seems happy, Nora thought, giving her daughter one of those searching, invisible glances mothers learn to give. The sulks of a year ago were gone, along with the giggle, but now there was a light glint of metal between her lips, a private smile over orthodontia, as she began to lay out knives and spoons. Then the face turned slightly, and the curtain of dark hair hid it.

Nora went back to the kitchen and stirred the chicken fricasee, depressed. Everything was different for her child.

What was gone from the world was the dusting of pollen known as romance. It had coated her youth like a fine glow of powder, made up of daydreams and dance music and the sacred rituals of fraternity pins, class rings and the solemn, sickening smell of a gardenia in the refrigerator. The petals turned brown at the breaks. The breaks were there because the wearer had been kissed goodnight, with reverent enthusiasm, on the doorstep. ("Mother! You're not going to throw it *away!*" "But darling, you can't *keep* it, it's rotting.")

Probably Jenny would never go to a prom. Probably they didn't have them any more, not real proms, the kind where they played "Some Enchanted Evening" and you wore a long dress in peach or aqua or powder blue, hideous colors suitable for your age, never black or red, and not strapless, because you were too young and because, as your mother so rudely pointed out, it would fall down.

What did they have nowadays instead? What would Jenny have? Something they called freedom. That meant sex. The facts of life, no longer sugar-coated—but only the bare, ungentle facts, brutal in their plainness.

Oh, Jenny, Jenny, she thought, my pretty child with your sweet mouth full of metal, I wish I could take you backwards. Untangle you from your generation and dress you for a prom. Unfasten your curlers and shape your dark hair around my hand, with my mouth full of bobby-pins, mumbling "Stand still!" Pin your gardenia on. The once-sacred duties of mothers, now no longer required. No girl needs help with a T-shirt.

I'd like you to keep him waiting a little, the way we did, and then come slowly downstairs in your powder-blue net-over-taffeta, and he'll stand up, all in his rented tux, from the couch where he's been painfully trying to make conversation with Allen, and his ears will be white-ringed from a fresh haircut.

Nora sighed, and got the pot-holders made by Jenny at summer camp the other day when she was a little girl, and dumped the chicken into a bowl. There was no sense grieving. People had to live in the years they were born into, even if the years were bad and cold and love was people hopping in and out of strangers' beds in search of pleasure.

At dinner, Allen said, "When are we going to have the pleasure of meeting this young man of yours?"

Jenny's cheeks turned pink. Not for much longer, Nora thought, she'll stop when there's nothing left to blush at.

"He's coming over tomorrow," she said. "His father's driving him."

"Coming over?" Allen blinked at her. "Here? You mean, just to hang around?"

"To visit," she said firmly, with spirit. "Can't he just come *visit?*"

Allen shrugged. "Sure. If that's the way they do it now."

"What's wrong with it?"

"To tell the truth, in my day it would have been known as a cheap date. A boy was expected to take you out somewhere. A movie or something. Buy you a hamburger or something. You didn't just go sit at her house."

Jenny looked at her parents and didn't answer. It was a thousand years ago, what they were saying.

Actually, thought Nora, what it boiled down to was that a nice girl had to have money spent on her; it was how boys showed they respected her. The more money, the more respect. Bad girls you could kiss for free. Perhaps it *was* a little peculiar, if you looked at it that way.

Allen took another biscuit and said, "You say his father's driving him? How embarrassing."

"Why?" said Jenny. "Why's it embarrassing? He can't get a license yet. He isn't sixteen."

"In my day," said Allen, "boys mostly didn't date before they could drive. It was sort of part of it. If your parents had to take you, pick up your girl and take you to a dance at school or something, it was awful. Humiliating."

"I don't see what that's got to do with it," said Jenny coolly. "How funny."

"Maybe it is," said Allen. "Was, I mean."

After dinner and the dishes, J vanished upstairs to write in her and it was Nora's turn with the eve paper, but she couldn't concentrate.

"I just hate it that everythi changed so," she burst out sudden

Allen stopped trying to get a pi on their decrepit television and fli it off. "I know what you mean."

"That things are so horribly *diffe* I can't raise my own daughter, can' her anything, can't give her any ki *advice* or anything, because I don' derstand. Because it's not the san feel . . . helpless."

"Nothing we can do about it, afraid."

"No."

"I think they're missing a lot. kids. I mean, maybe we weren't pe maybe some of it was silly, but th thrown *everything* out. Thrown ou baby with the bath water." He sm remembering. "We used to get dr for a date. God, I remember my m pounding on the door, hollering other people wanted to use the room. I showered for about an ho suppose, and then another hour c ing my hair. Putting stuff on it. Sha I think shaving was mostly an e for the after-shave. Quarts of it. I have smelled like a barbershop."

"It was nice," said Nora. "I ca remember the stuff you used. I like

"Thank you, madam, I did it a you. You and some others, of cours

"Huh."

"Nowadays I suppose they don't bother to wash. It was the what-do call-it, the ritual. They don't have rituals any more, any kind of cerem about anything. They're so . . . cy Just grab somebody and jump into

"Allen!"

"Well, it's true," he said gloomily began poking in the bookcase.

"I guess so," said Nora. "I guess don't actually fall in love at all any Not the way we did."

The remembered smell of the shave lotion came back in memory.

She was in a car, one of the an lovingly cared-for cars that *(contin*



"Since he'll be fetching them, I thought I'd bring him along."



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A DIFFERENT KIND OF SPRING

continued

boys used to own. They were driving nowhere, around and around, talking, tranced by each other's company. The shaving lotion was the same, but the face faintly visible in the dashlights wasn't Allen's. Some other boy, Paul? No, Derek. Their voices murmured from time to time against the music from the radio, and the radio dial glowed green.

The car, as if driving itself, moved out beyond the streetlights and sidewalks, on past houses, out among invisible black trees. At a place where mailboxes clustered by the road they turned off, stopped and Derek switched the engine off and reached to kiss her. She remembered the scraped, vulnerable feeling of the freshly shaved face.

Nora swallowed a brief ache of longing to be back there again. Not to be Jenny, poor Jenny, but back in the tender wonder of her own time, when sex was a kiss, and people went to proms.

Of course, it was true, she remembered unwillingly, that Marianne McCullough had dropped out of school and disappeared for reasons that everyone knew perfectly well, and that Patty Windolph and Jim Stanley got married in their senior year for the same reasons. It wasn't all saxophones and doorstep kisses. Guilt and secrecy weren't as contraceptive as their parents had h
But it was never casual, she tho
We all believed in love.

The next day, Saturday, Jenny
the morning cleaning up her room
carried down two trash bags full of
cellany, and filled the laundry ha
with dirty clothes.

"That's something, anyway," sai
len. "It's an ill wind. She hasn't cle
her room since Christmas."

"Where are you going?" said No

"I'm meeting Ralph to play tenn

"You're not staying for whe
comes? This Chris? Oh, dear,"
wailed. "I don't know what I'm
posed to *do*."

"Neither do I," said Allen gr
"You'll have to play it by ear. Obvi
she's planning to entertain him i
bedroom. *I* don't know what you'r
ing to do about it."

"You're a beast and I hate you. I
I'll go play tennis, too."

"Look. We've got a perfect righ
to go along with all this. It's our h
It's our daughter. We don't *have*
modern. Just . . ." he waved his
vaguely. "Just tell them so."

"Thanks. Thanks a whole lot."

Jenny spent a long time in the
room, and then came downstairs,
ing what seemed to be an even
pair of jeans than before, faded to
at the knees and seat and drib
ravels at the cuffs. On her feet were
with wooden soles. Nora told h
that there wasn't, really, anythin
pleasantly sophisticated about
clogs. They only seemed like that
of *knowing*, set beside the rememb
innocence of penny-loafers. They
her think of prostitutes in France,
she had never been.

"Did you get any lunch?" she a

"Huh? Oh. No, I don't think s
get a sandwich. Listen, are there
flowers or anything?"

"Flowers?"

Jenny gathered up the newspape
stacked it in the basket. "Uh-huh
know, to pick." She emptied the as
of Allen's pipe ashes and wiped
with a napkin.

"The early daffodils are almost
on the south side."

"Can I pick some?"

"'May I,'" said Nora automati
"Yes, I guess so."

Her daughter took the scissors
went outside. Nora watched her cr
ing awkwardly over the first, e
flowers, serious-faced and all el
She can't be warm enough in that
she thought; where's her jacket?
the jacket that appeared in Nora's
was a different one, from an e
spring. Blue, with a fuzzy collar, siz
She remembered it well. She re
bered buttoning that stiff top butto
turning the collar up under *(conti*

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touched their two heads, Jenny's dark and Chris's tawn Jenny's longer but only just, and Nora saw that they ha washed it for each other. It fluffed loosely around their shou ders. The sun sparked small rainbows off it, such as are see only on hair just a little while out of the shower. In the separate houses, perhaps at the same hour, they had washe their hair carefully, soaping it twice and stood in front of the mirrors blowing it dry, solemnly, watching the reflections their own faces, before they came to meet each other.

Mentally, Nora cut Chris's hair, short at the back and sid and longer on top, like Allen's, the way a boy's hair shou be, and considered it, and was forced to admit it didn't lo any better. In fact, it was all right the way it was. He didn look in the least girlish in it, as Allen always contended, b more like a very young and serious apprentice knight at t Round Table.

"How do you do," she said, and then wished she hadn Too formal. "Hi," she added.

"Hi," said Chris, and blushed.

For an unpleasant moment they all stood there by the doo way. Nora was paralyzed by such social panic as she hadn felt since her first dinner party as a bride. Then Jenny to Chris's hand and said, "Come up to my room," and, relieve he followed her up the stairs.

Nora stood where they left her.

They had gone to Jenny's bedroom, cleaned and be-daff diled for the occasion. What was she supposed to do no "Just tell them," Allen had said. Tell them what? Call the back down? How? She struggled to imagine what her ov mother would have done if Paul or Derek had come over visit, and they had gone straight up to her bedroom. The was no way to know, because it could never have happene would simply never had occurred to them; a young man ca to visit you and you sat in the living room. If you wanted be alone you went out in a car. Some people had recreati

A DIFFERENT KIND OF SPRING

continued

Jenny's wind-reddened ears. It was such a little while ago.

You are an idiot, she told herself fiercely, and clenched her teeth and went to attack the lunch dishes.

Across the street in the little park, the wild onion grass was green already. Any minute now it would be spring.

Jenny brought the partly open daffodils in, poked them clumsily in a vase and took them upstairs to her room. Nora raised her eyebrows at no one, and sighed.

Punctually at two the doorbell rang. Nora started for the door, because that was the way it was done: a girl stayed upstairs and pretended she'd forgotten he was coming at all; her mother opened the door, called upstairs for the girl and, after a measured while, the girl came down and blinked in surprise at the young man, as if she had almost forgotten him, too and then she said, "Oh, hi, John." Or Paul, or Derek, or Allen. It was ceremony, unalterable.

However, before she reached the door, Jenny had come springing downstairs and thrown it open herself. She did not seem at all surprised to see Chris. She took him by the hand and drew him inside, and said, "Mother, this is Chris," as if she had found a diamond in her salad.

"Hello," said Chris, and smiled nervously.

To Nora's gloomy dismay, Chris's hair reached clear to his shoulders. Not the shaggy, neck-curling hair of a deferred haircut, but hair deliberately long. Long on purpose. Allen was not going to care for that. It was something he had never gotten used to; it continued to bother him, over the years, like a veiled threat.

The early spring sunlight struck through the open door and





Why don't you go for a walk in the park?" It seemed almost insanely silly, but it was the best she could do.

They looked at each other and considered it gravely, then Jenny, obedient child always, stood up and reached for Chris's hand.

They all went downstairs and Chris and Jenny went out.

Under the sparse trees of the little park the wild onion grass sprang up in electric-green tufts among the dead leaves. It was almost spring. Nora watched, standing sideways to the window. Chris and Jenny walked down the path with their hands interlaced.

As she watched, Chris drew Jenny aside, off the path, into the thin shelter of the bare trees. Nora's mouth opened, as if she might be about to say something, maybe even call to them, but she closed it again. It was too late to call, or try to hold back; they were passing out of childhood together as quietly and easily as leaving a room, and they were already too far away.

Nora watched as Chris took Jenny's head between his hands and kissed her. His long hair fell forward and hid their faces. Then he dropped his arms around her shoulders and give her a short, quick hug. Holding hands again, they came out of the trees and went on down the path. It was narrow, and from time to time they bumped gently together as they walked. Their heads were bent, and the low, serious conversation went on and on.

Nora turned away from the window, back to her own house, and for a dizzy moment she had trouble remembering where she was, and who, and which particular spring it was that was here.

Unless, of course, there never was a different spring. Maybe it only walked in different shoes now, and carried daffodils in the hand instead of gardenias on the dress, but all flowers opened for the same sun, and perhaps all springs really were the same.

End

ms, usually chill, subterranean places upholstered in artial leather and smelling of damp, and you could go there d play records, but they were definitely public rooms. Not ms with beds in them.

It was quiet upstairs.

Nora made herself a cup of tea, whistling self-consciously ile she waited for the water to boil, then sat at the breakt table waiting for it to cool.

It was still quiet upstairs.

They might at least play a record, she thought. Turn on the dio. They might at least *pretend*. Pretend they're not . . . ng whatever they're doing.

She burned her mouth on the tea.

They had been up there for 25 minutes now, in total, brazen nce. Not even trying to keep up appearances, as if they k it for granted that everything was allowed.

There was a blister puffing up on the roof of her mouth and pain made her angry. She stood up suddenly, knocking table and spilling tea. Allen was right. They didn't have be modern. It was their house.

She marched deliberately up the stairs, not tiptoeing, but feet made no sound on the carpet.

Jenny's door was not closed, but neither was it open, only se a fairly innocent couple of inches. From beyond it, Nora ard her laugh the new, soft laugh.

She pushed the door.

Chris and Jenny were both on the bed. Sitting, cross-legged, ing each other with their heads bent. Chris was talking etly, explaining something, drawing with his finger on the dspread. He stopped and they both looked up.

Nora stood awash with relief and embarrassment. They ked at her, waiting. She had to say something, and she uldn't very well say, "I came up to see what you two were ng," although probably her own mother could have.

She said, "It's a nice day out. I think it's getting warmer.



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THE SEASONS OF MARRIAGE

A JOURNAL SPECIAL REPORT

One out of every three marriages, they say, will end in divorce. But that also means that two out of every three will last. What are the clues to withstanding today's marital pressures and making it through the many seasons of marriage? Can couples who are committed to each other—and to the bond between them—protect themselves when everyone else suddenly seems to be separated, divorced, having an affair or simply having trouble? Here, in a special eight-page section, are some perspectives on marriage for everyone from the newlywed to the long-married. Be advised. Be reassured. Be ready to weather each storm. These four points of view are about just that: living together, loving together—staying together.

—The Editors



HOW A FIRST BABY CHANGES A MARRIAGE

You had a baby because you loved each other, because you wer such a good couple. But now you're a trio, and two other peop need all your love…and time…and energy. Courage! There *is* enoug of you to go around. By Joyce Maynard

Our baby will be born any day now, and my husband and I can hardly contain our excitement. We've been waiting nine months for this baby, and I've been waiting to be a parent since I was eight years old. There is nothing in the world either one of us wants more.

But we're anxious, too. It was our loving each other so much, as we were, that made us want this baby. And now such a lot is changing. It makes me a little sad to look at photographs from the summer—me in a bathing suit, when my stomach was still flat; my husband eating lobster after we'd just spent what was close to our last hundred dollars on a weekend at the beach. He has a few gray hairs now—at 26—and I find myself dreaming of a washing machine. Friends with new babies and deep circles under their eyes tell us, "Wait till you see what it's like." The babies, they all agree, are more dear to them than they ever could have imagined. But their marriages are going through hard times.

Our marriage is our greatest treasure, and I wonder sometimes why I'm putting it in jeopardy for a little stranger whose face I haven't even seen yet. I talked to some couples who have been through—are going through—what's still ahead of us. I wanted to see how the first baby changed their marriages, and how they're working things out.

A lot that they told me was sobering. But it left me, finally, feeling hopeful—not in an unrealistic way. I don't imagine that everything will stay the same, but I feel challenged. We're embarking on a new journey, knowing that growth never comes without change.

At first nobody seemed to be home at the Morgans'. But because I'd checked with Nancy about coming over, I knocked again. I heard Stan shout, "Why do you always have to put the baby first?" and then their one-year-old son started to cry and Nancy said, "Look what you've done now!" Stan stormed out the door towards his car, and I was heading for mine when Nancy, red-eyed, called me back. "You want to know what having a baby does to a marriage?" she asked, when we were inside. "Well, it just ended this one."

Nancy Morgan's view is fairly grim, and not necessarily typical. But what she said about the pressures her marriage underwent after the birth of her first child holds true for many couples. On the other side of the picture, many recent parents see their baby as having brought them closer. But one thing does seem true for nearly all men and women entering into parenthood today: There may never have been a harder time to have a baby.

It used to be that couples embarking on marriage scarcely even asked each other's thoughts on having children. The idea of not having one was virtually unthinkable. Having and raising babies was a natural process. Without it, in fact, marriage wasn't quite complete.

But times have changed: weddings no longer seen as automatic forerun of baby showers. More and more cou are choosing not to have children—p ly because more women are pursuing reers, partly because of concern ab overpopulation and the high cost of fe ing, clothing and educating a child. an even more basic problem prese by having a child is the feeling, am many couples, that what's most im tant is their relationship to each o rather than the larger concept of *fam* They're afraid that, far from enrich their relationship, parenthood may je ardize it.

Studies indicate, for instance, th childless marriage has a better chanc surviving than one in which there children. Even those who wouldn't g far as to offer nonparenthood as a scription for happiness will say, at le that the old notion of "Have a baby, a marriage" doesn't hold up. There few experiences more exciting and m ing than having a child—especially a child. But neither are there many as shaking and, potentially, as traumatic a couple.

Some of the strains and traumas universal, timeless: Babies have prob kept their parents awake at night si time began. But there used to be gra mothers and grandfathers, aunts

icles and cousins living down the road help out. Women used not to question otherhood as a life's vocation.

Now more women have careers that ust either be dealt with or parted with nen the baby comes. Men, for their rt, find themselves asked to share usehold responsibilities, maybe even at e expense of career ambitions. And for th husbands and wives, marriage has come a more fragile, less assuredly rmanent institution.

What happens to a marriage when the st baby arrives depends a great deal on e state of the relationship before the by came. Phoebe Prosky, a New York mily therapist, feels it's best for a cou- e to wait a few years to "really get to ow each other" before having a child. it for some couples, waiting can make e drastic change of the child's arrival ore difficult. Sarah and Greg Myers re married 12 years before they adopt- their son Peter. "We'd wanted a baby sperately for years," said Greg. "But hen we finally got Pete, we found out w set in our ways we'd become."

"How a couple adjusts depends a great al," says Natalie Shainess, a New York ty psychiatrist, "on whether the preg- ncy was desired. If there was agree- ent between the husband and wife out having a child, that's a good begin- ng. If there wasn't, it may presage fficulties."

With Nancy and Stan Morgan, for instance, the discovery of Nancy's pregnancy came as a rprise—a happy one for Nancy, but ss so to Stan, who had insisted that they ait until he was more established in his siness. "My dream was that some night 'd look into my eyes and say, 'Let's ake a baby,' " says Nancy. "But the ay it worked out, I felt there was noth- g shared about the pregnancy. In the ginning, he kept trying to get me to ve an abortion, and later he didn't even ant to feel the baby kicking."

The birth experience also may have a rge impact on how well the couple ad- sts. In the Morgans' case, Nancy went to labor one month early, and Stan, not lieving this could be the real thing, ent off to work. By the time he got ck, Nancy was in the hospital. "We'd ne all the breathing exercises together, nd we'd planned for Stan to be there the hole way through," she said. "But, as it rned out, he didn't see David being rn, and he missed that first cry. Every- ing seemed to snowball from there. He lt shut out and I felt resentful. The ore he acted as if David was just my aby, the more that came to be so."

But if the baby's birth can leave a hus- and and wife feeling more separate than er, it can (and more often does) bring em closer. "Watching Janet during la- or didn't make me love her—I loved her efore," said Dan LeBeau, whose son as born by natural childbirth eight months ago. "But those twelve hours before Mark was born showed me a side of my wife I'd never seen. I had no idea she could be so strong."

A birth is only the beginning, of course. What most couples remember most vividly, and painfully, about the early months is a constant feeling of exhaustion, with no time, ever, to catch up on night after night of interrupted sleep. "I expected to be tired," said Anne Sterling, the mother of a ten-month-old son. "What I hadn't expected was how short-tempered that would leave me. And the one who took the brunt of my tiredness was my husband."

"I was beat, too," added Richard Sterling, a Boston lawyer, "so I wasn't as understanding as I should have been."

On the list of necessary prerequisites to a good marriage, proper rest is unlikely to appear, but when it's absent—as it so often is in the early stages of parenthood—a lot of other things are apt to fall by the wayside, too. It isn't just that elaborate dinners get replaced with frozen foods. Most important, what's likely to suffer is a husband and wife's communication with each other.

"We'd always worked hard on our marriage," said Betsy Hamilton, the mother of nine-month-old Emma. "But in the first few months after Emma was born, I was just too tired to tend to things. I didn't even water my plants."

The good news, says Betsy, is that "It's hard to argue, or even to sulk, when Emma's cooing and gurgling on her blanket. There's a lot of joy to share. We don't want to waste time and energy being mad."

Of course, a lot of the energies a new parent does have—a new mother, in particular—are likely to go to the baby. Sometimes, though, that choice is made at the expense of the husband, whose emotional needs—especially now—may be just as great as the new baby's physical ones. "There were lots of times when I just needed to talk to my wife Sally," said one young father. "Everything was so new, and I was feeling a lot of scary things, like what a giant responsibility we'd taken on . . . and was I ready to be anybody's father . . . and had our youth just passed us by. But Sally was so strung out, taking care of the twins, she never had time to listen."

For most men, the recognition of the bond of dependence between mother and child is a painful one; it may result in feelings of jealousy or hostility. Betsy Hamilton's husband, Eric, spoke of his potentially subsidiary role as the father of a breast-fed baby: Eric's work kept him away all day. He dealt with his feelings of being left out by staking out certain arens in his daughter's care. "I've always given Emma her bath," he said. "That's *our* time." Another father finds it important to spend time alone with the children. "Needing is what little children are all about—all they do is need," he said. "And when I'm the one taking care of them, I'm the one they need."

For new mothers, on the other hand, the problem is more likely one of being needed too much.

"How can I keep growing as a person without taking something in?" asked one young woman. "And will I be interesting to my husband if I'm not growing?"

Kathy Simons, a new mother with similar complaints, finally arranged a baby-sitting trade-off with a neighbor and signed up for a weekly pottery course. "At first I felt selfish," she said. "But it made me so much happier, it was good for all of us."

The notion of settling in—and maybe giving up a job—for a period of baby-tending domesticity is easier for some women than for others. Some who seem to adjust well, surprisingly, are well-established in their careers. They positively relish the chance to be home for a while, working at the very different job of motherhood.

But probably the more common experience is one of missing at least some aspects of their old freedom.

"Sam and I both worked in the same law firm," said Kathy Alison. "When I got pregnant with Susannah, it was only natural for me to be the one to quit my job and take care of the baby, not just because I'm the mother, but because I had less seniority and a lower salary. Still, it's hard sometimes, sitting down to dinner with him and hearing about his cases. Sam always asks about my day, too, but even though the baby's so lovable and funny, there just isn't that much to say."

"Sometimes it seems like Tony's my one link with the adult world," said Joanne Fisher. "When he gets home, after being gone all day, I'm about ready to burst from eight hours of baby talk."

It's understandable, with the majority of the burden of child care still falling on women, that a lot of arguments arise between new parents over whose turn it is to change the diaper, who will get up during the night. When the wife is home all day and the husband's working, it's only fair that she carry more responsibility for household chores. "But his job goes from nine to five," said one Massachusetts woman. "My job lasts twenty-four hours."

Disagreements over the work load, or short tempers from too little sleep, aren't usually that serious. And even wounds created by a husband feeling that he's been left out or disregarded don't usually scar a marriage that is fundamentally loving and sound. But one important aspect of marriage that is often disrupted during the early months of parenthood is the couple's sex life; when they find themselves drifting apart there, too, they've lost one of the most valuable links joining them.

Some interruption of normal lovemaking is unavoidable. Usually, during the last weeks of pregnancy, and then, almost surely, for several weeks after the birth. That period is usually harder for the husband; chances are a new mother doesn't feel much like making love anyway.

But eventually the physical restraints are gone. Only now there is a baby who wakes up and cries in the night. "I never thought that anything could keep me from wanting to make love with Tony," said Joanne Fisher. "But in those first six months, when Jennifer was waking up and crying every two hours all night long, I discovered there was something more basic for me than sex—namely, sleep."

"My husband tells me to ignore it, when the baby wakes up," said another woman. "But for me, hearing my child crying is like physical pain. I have to get up."

Most couples agree, though, that those first sexually frustrating months are only a stage. One woman said her sexual relationship with her husband improved after their daughter's birth. "Sex is all tied up with how you feel about yourself," she said. "And I feel better—stronger and more womanly—than I ever did before."

In a healthy marriage, the parents of a new baby can expect to discover, through the shared experiences of parenthood, new sides to their own relationship. "We aren't just husband and wife any more," said Peter Fredericks. "We're *related*."

Once again, of course, the presence of a new baby, enlightening aspects of his parents' personalities for them, can work either way, depending on what was there in the first place. One young mother, now separated from her husband, found after their daughter was born that the dreamy, idealistic impulsiveness that first attracted her to him no longer seemed appealing. "Dave was always doing things like bringing little old men home to dinner when we were living on one hundred twenty dollars a week, or volunteering to help some guy paint his barn—and turning down pay when it was offered. I used to think that was beautiful, but once we had Heather to consider, it began to seem very immature."

But then there are cases like Sheila and Rob Zimmerman's, where, said Sheila, "Seeing my husband holding the baby made my heart rise up."

"I guess I spend less time now just being with my wife," said another recent father. "But it isn't as if the time and love I give to our son doesn't have anythin to do with her. A lot of what I love him is that he comes from her and m Watching him, I feel I know her better

From what new parents say, o thing at least seems certain—only a co ple who is willing for their lives to chan should have a baby. As one new moth put it, "They'd better be prepared for roller coaster ride."

Change is likely to be frightenin especially to a couple who's happy wi the way things are. "During the la weeks of my pregnancy," Mimi Kasp remembered, "Jon and I both cried a lo seemingly for no reason. We'd be finis ing dinner or sitting together, listeni to a record, and I'd see tears streami down his cheeks. I asked him wh though I guess I knew. He said, 'Thin will never be the same, will they?' A he was right."

But in a solid marriage, the elemen that matter most don't change with th arrival of a baby. Being free to go movies three nights a week is never th essence of a good relationship. "There no way to really prepare," said one fa ily therapist. "The best preparation f being a good parent is just being a goo person." En

GETTING MORE JOY OUT OF SEX

If you're "working" at having a better sex life, that may be your firs mistake. And if you're disappointed because the earth doesn't move that may be your second. Here's a sane look at what sexual pleasur is—and isn't. By Jody Gaylin Heyward

How do women feel about sex these days? After talking to a group of wives in their 20's and 30's—as well as to psychiatrists, sex therapists, social workers and psychologists—the word that seems to best sum it up is: confused. Why the confusion when values and mores seem freer than ever?

For starters, let's take a look at some facts. In the 1940's when Kinsey questioned women about their sex lives, he found that one-half to two-thirds of married women reported having regular or frequent orgasms (the orgasm has traditionally been considered the barometer of sexual fulfillment). Thirty years later, a major survey of more than 1,000 American women found that nearly three-quarters of married women—"a distinct increase in the percentage since Kinsey's time"—always or nearly always had orgasms during intercourse.

In other words, the number of women achieving physical satisfaction has increased substantially. Why, then, a women going to sexual dysfunction cli ics in record numbers? And why a there so many stories of disappointme and disenchantment from therapists wh are treating women of all ages? May because there is more to being satisfi than mere physical pleasure. Maybe b cause frequency of orgasm doesn't me sure psychological fulfillment.

Most little girls shared the same ha pily-ever-after fantasy about love a marriage, that fantasy that did nothi to prepare us for the real-life experien of living with another person. And mo important, neither did the Victorian v ues so many of us learned from o mothers. We were taught social bi mides like "Nice girls don't," or "If y seem to enjoy it too much, he won't r spect you." A woman who spent h adolescence keeping men at arm's leng and denying her own sexual feelings m have had trouble when she was sudden

ected to respond fully and freely to husband. And even a woman who shaken off the old taboos may still bor doubts about defying the moral le that governed her early years.

Perhaps the biggest problem for men l women is that "there is a total lack communication about sex," says ber E. Goldstein, a psychiatric social rker and clinical instructor at the Uni- sity of Miami (Florida) department of chiatry. "While people today may be nfortable talking about someone else's e affairs, many of them still cannot to their partner, 'The way you ched me last night really didn't feel od.'" Too often, women remain frus- ted and dissatisfied because they are aid to say what they want.

Elaine, a 38-year-old suburban house- e, married 17 years, says, "I had a ditional religious upbringing—no one pt together before marriage. I was y inhibited in the early years of my rriage. I thought all I had to do was back and everything would just hap- n. When it didn't, I thought something s wrong with me. So I never told my sband—and I still find it difficult to that I'm not satisfied."

What happens is that a lot of women t give up, eventually experiencing sex just another chore. Take Bea, a 42- r-old housewife. "Let's face it," she s. "After twenty years of marriage, is a habit. Sometimes it's good, some- es it's not. I don't reach a climax ry time, and I'm not always in the od when my husband is."

The idea of making love when you're "not in the mood" may never occur to a woman who is le to talk freely with her mate. But for ny women, a kind of unwilling sexual rticipation is a harsh reality. That it ppens can be blamed, in part, on the od old double standard: too many men have an overwhelming need to ase their man—even at the expense of ir own pleasure. Lynn, who's a teach- and has been married six years, says: never had an orgasm with my hus- nd, and I was sure that meant I was gid. So I started to fake it. My husband d no idea anything was wrong, and I etended for so long that I was trapped. ould never tell him what I really liked wanted, because all along he was sure was having the time of my life. I no nger even felt frustrated."

Harriet E. Lerner, a clinical psychol- ist on the staff of the Menninger undation in Topeka, Kan., explains at many women are overconcerned th being "good lovers." She says: hey're afraid that expressing their own shes will make them less than perfect. omen tend to have more conflicts, xieties and inhibitions about their sex- lity than men do."

Such an attitude can be harmful. Sex perts William H. Masters and Virginia E. Johnson point out in their book, *The Pleasure Bond*, that feigning orgasm is a mistake. "Though resorted to only rarely at first, a precedent has been set and the deception can take place more easily on successive occasions. . . . The practice may become an established part of her sexual response—an invisible wall that separates her from her partner."

Apart from their own conflicts and confusions, women must cope with yet another source of tension: pressure from the media. Books, magazines, movies and television all seem to taunt women into believing that their sex lives, like their detergents, could stand some improvement.

Clinical psychologist Lonnie Garfield Barbach, author of *For Yourself: The Fulfillment of Female Sexuality*, feels that the pressure may be greatest on younger women. Many of her patients believe that everyone is supposed to be "free, open, sensual, multi-orgasmic and without sexual inhibition." When they cannot fulfill these expectations, she says, they are "incredibly hard on themselves." These women in their 20's are torn between the conservative messages their parents whispered to them and the philosophy of the sexual revolution.

Peter A. Wish, executive director of the New England Institute for Marital and Sexual Counseling, suggests what may be behind all the media hype: "We live in a performance-oriented culture. . . . Sex is becoming like an Olympic event, and people forget that it is an emotional, not gymnastic, experience."

And for every woman who feels she now has the right to sexual satisfaction, and who can now speak openly about her desires, there is another woman who interprets that right as an obligation. "Can do" becomes "must do." Thus the new freedom leaves many women feeling inadequate and uncomfortable.

Take Patty, for example. "I enjoy sex," she says, "but it is not the be-all and end-all of my life. I like the romance and affection just as much as actually making love. But there's so much pressure to be 'experimental' now; I look around and wonder if I'm peculiar."

It is a shame that women often feel that they must have multiple orgasms or they are abnormal, says New York psychotherapist Elizabeth E. Mintz. "I have talked to women who enjoy sex, who feel relaxed and happy afterward; for them, it is an intimate and loving experience. But it falls short of what is considered the orgasmic norm. Such women expect so much of themselves and their partners that they simply cannot accept the enjoyment they actually feel." Sex should be viewed as a pleasure in and of itself, Dr. Mintz feels, not as an achievement.

Sometimes the rush to accumulate what one woman terms "another notch in the gun" causes some women to turn to other men for satisfaction. Karen, married 17 years, did just that—with distressing consequences. "I was a virgin until I married," she says, "and I've always felt pretty good about my own sexuality. When I hit my early thirties I was feeling terrific—vibrant and sexy.

"We had all been married about ten years, and I guess things had gotten a little dull. Suddenly, other men began to look interesting, and I had an affair. It was disastrous! I couldn't handle it as a purely physical sexual thing: I fell madly in love. I nearly destroyed my marriage. The affair lasted only a few months. I'm still married, and now totally monogamous. Part of me wonders why I ever did it. I'm definitely less idealistic now, and I have complicated my relationship with my husband tremendously."

That does not surprise one psychiatrist, who says, "You pay a price for an affair: at the least it creates a sense of deception, of dishonesty in the marital relationship. At the worst it leads to a dissolution of the marriage. While recognizing that affairs may be inevitable for some women," he continues, "in human relationships, two halves rarely make a whole. If something is missing in a woman's marriage, another relationship won't compensate."

Most women, of course, don't take that drastic a step. Instead they may try to enrich their sexual lives within the framework of their relationship with their husbands. Nancy, for example, was able to benefit from the sexual openness of the 1970's without looking to another man. "I am absolutely much freer now than I was even ten years ago," she says. "My husband is the only man I've ever slept with, and we talk about sex freely and are very experimental. We have a wonderful sex life."

Psychologist Lerner credits the women's movement with many of the positive changes of recent years. "Women have been encouraged to get together with other women and talk about their own sexuality." And psychologist Peter Wish believes that "Women are much more aware of the fact that their needs count."

The freedom to speak out often means the difference between satisfaction and despair. Carol, 28, who has been married for ten years, is lucky. She feels comfortable enough to talk about her feelings: "I'm happy in terms of my sex life. I feel free to talk to my husband if problems come up—and I have."

And there, perhaps, lies the key to satisfaction: the ability to talk openly. Women who are genuinely content with their sex lives are not only those whose passions spark and flame like fireworks. For some women, happiness is a warm cuddle, a quiet embrace or a gentle kiss. Satisfaction comes from learning to balance your expectations with your own style and personality. Not everyone wants the earth to move every night; not everyone needs it. **End**

GETTING THROUGH THE BAD TIMES

The very people who specialize in breaking up marriages are als surprisingly knowledgeable about saving them. Here, three divorc lawyers give you practical advice that may keep you from needin their professional advice. By Linda Dannenberg

Divorce is reaching epidemic proportions; according to the Bureau of Census, the number of divorces in the U.S. has gone up 100 percent in the last ten years. Adding to an already grim picture, the National Center for Health Statistics projects that, given the current divorce rate, one out of every two marriages entered into last year will end in divorce.

Faced with those foreboding statistics, it's clear that staying married today requires a bigger commitment and more effort than ever before. It may come as a surprise that matrimonial lawyers—through whose efforts many marriages are dissolved—are often the very people who are fighting the hardest to keep marriages intact.

Matrimonial lawyers are ethically bound to attempt reconciliation before proceeding with a divorce action. They're not therapists, of course, and they don't pretend to be. But they are profoundly involved with couples at their most intense, impassioned and vindictive. And that involvement, because it gives sensitive and compassionate divorce lawyers a deep insight into what makes marriages fail, helps them to understand what keeps marriages together.

We went to three highly regarded matrimonial lawyers and asked them to share with us their special perspectives on marital problems. All agreed on one thing: more than half of all marriages that break up could be salvaged if helped in time. These experts offer some sharp insights into the causes of marital breakdown, how to spot early danger signals and how to cope with them.

"To sustain a lasting relationship, patience is not only a virtue, it is a necessity," says Lawrence Stotter of San Francisco, the Chairman of the Family Law Section of the American Bar Association. "So is good judgment. You have to decide whether you can live with a problem until it subsides."

Barbara and Nick are a case in point. During a consultation with Stotter last year, Barbara, a teacher, described herself as "really into communication, openness and sharing." Her husband Nick, an airline pilot, is a quiet, introspective person. They had married after a whirlwind courtship—and immediately encountered problems. Nick was used to keeping things inside and making decisions alone. Barbara wanted to share everything. Nick's reticence frustrated her, and left her feeling out of his life.

But Barbara was committed to the idea of a lasting relationship, so she was patient. She consistently encouraged Nick to work on improving their communication, suggesting marriage counseling and workshops for couples. Nick just as consistently refused.

The crisis came in the third year of their marriage, when Nick made an important career decision without even telling Barbara he was considering. The change meant he would be a from home a great deal, and Barb was crushed that Nick hadn't let he a part of the decision. For the first ti Barbara considered ending the marri At this point she consulted attorney S ter, who urged her to try counseling fore starting legal proceedings. N finally realized the seriousness of situation and agreed to see a thera Months of professional help taught N to share more of himself with Barb things aren't perfect between them n but they're still married, and a great happier together.

"If Barbara had a different persona and less patience," comments Sto "the marriage probably would h ended up in court."

There are some marriage-roc problems that manage to work th selves out over a period of years—if couple is willing to wait. According Stotter, married couples must take a l view of their relationship. Exten hours at work, a time-consuming clu education activity and tight financial cumstances are things that one spo should be able to forgive and to live w Even infidelity shouldn't necessarily s ter a marriage. Alexandra and Geor story illustrates how a couple can sur the trauma of unfaithfulness.

They had been married 15 years w George learned that Alexandra was h ing an affair. When confronted, A andra was quite willing to stop seeing lover: her marriage and two child were infinitely more important to her first George was greatly relieved, then found that he couldn't dispel suspicions of Alexandra. He became sessed with making sure that she really given up the affair. He made reasonable demands, insisting that stay by his side at parties and quiz her relentlessly if she talked to o men. After a year of this, their marri was on the brink of disaster. Alexan gave George an ultimatum: if he did stop his irrational behavior she wo leave him. Since George didn't wan lose Alexandra, he agreed to her ter At first it took all his self-control to k

agreement, but in time he learned to st his wife again.

"Another problem I've noticed with clients," says Stotter, "is their inabilito deal with periods of imbalance in marriage. Often such an imbalance curs when a wife stays home to raise children. While she's taking a leave absence from her outside interests and als, her husband is still moving forrd in those areas. Each partner is rking toward a desired end, but the as of personal growth and change y differ. Often one partner has to wait the other to catch up. Otherwise, this blem of 'growing apart' can destroy narriage."

Martin and Carol started out quite ditionally 25 years ago. Carol worked put Martin through pharmacy school d helped him start a drugstore. As soon they could afford it, Carol stopped rking and they began their family. She t a lot of love and imagination into aring their five children.

When the youngest was in high school, rol went back to college. She became eply involved in a women's consciousss-raising group and her academic ma-, psychology. Meanwhile, Martin had ade a huge success of his pharmacy, d he could finally take time for a full cial life and long vacations. Carol, wever, no longer had the time for ese things. Martin felt threatened by r new-found independence and interts. He couldn't ride out or participate this period of Carol's life. Eventually, ey dissolved their marriage.

Doris L. Sassower, past president of the New York Women's Bar Association and long-time activist in the battle for divorce law reform, points out another cause of marital strife: vision of responsibility. "The unwillgness of one spouse to share responsility is a frequent trouble sign," she says. f one partner gives unselfishly all the ne and the other is totally wrapped up himself or herself, a terrible cauldron resentment will inevitably build up in e giving spouse.

"A not-uncommon situation is exemified by the case of Nancy, an executive cretary, and her husband Ed, an elecical engineer. Nancy was a 'model wife' ho for 15 years endured the double rden of domestic duties and an outside b. Ed was a dreamer. He hadn't a care the world—neither the overgrown ass in the yard, nor the leaky faucets, r the children's school problems.

"Nancy's requests that Ed carry his are of family responsibility met only ith promises of improvement 'tomorw.' Finally, Nancy walked out. Ed felt ctimized; he never understood why she ft. Nancy's mistake in this marriage as staying with a bad situation for so ng without seeking outside help. It's y experience that the longer this patrn of behavior is tolerated by the giving spouse, the less likely it is that reconciliation efforts will be successful."

Another cause of marital discord, and an extremely serious one, is self-destructive behavior on the part of one spouse. Chronic drinking, gambling, overworking—all point up a desperate problem. "Typically," says Doris Sassower, "in cases of compulsive behavior, the troubled individual refuses to acknowledge that anything is wrong. Reconciliation efforts are ordinarily futile, because changes in the troubled spouse are extremely unlikely. Where reconciliation is based on promises of future altered behavior, it should not only be expressly conditional on psychiatric intervention, but on effective follow-through within a reasonable length of time. I cannot emphasize that too strongly. I've seen case after case where the individual promised to stop—drinking, gambling, whatever—and was never able to. In my opinion, most of these marriages shouldn't be saved because the compulsive spouse couldn't change—or didn't want to."

Most marital problems are not this insidious; they can be worked out with large doses of love and time. If you and your spouse are trying to iron out your domestic wrinkles, you would be wise to note the measures Ms. Sassower suggests.

"While you are getting through the rough spots, try to avoid external stress situations. Too many children or in-laws underfoot, extensive involvement in outside activities, overspending—all create extra domestic tension that tends to blow problems out of proportion.

"Separate vacations, either as a palliative measure when your marriage is in trouble, or even as a general rule, are a good idea. Almost everyone sometimes feels smothered by closeness, and a vacation without spouse and children is a small chance to break loose. It's not necessary for husband and wife to go everywhere together."

When you really feel that your marriage is in trouble, a trial separation could be the saving grace. "Having time to reflect alone is very helpful," she explains. "Often the spouse who has left will decide that it's better, healthier, less damaging—and certainly less lonely—to be back home."

Dr. Virginia Anne Church, who practiced matrimonial law in Florida for 20 years, became so interested in counseling her clients and attempting to reconcile couples that she returned to school for a Ph.D. in psychology. She's now Executive Director of the Institute for Rational Living in San Francisco, where she does marriage-related counseling fulltime. She also conducts special training sessions for divorce lawyers, sensitizing them to the problems of divorcing couples.

"I became a psychologist," Dr. Church explains, "because I saw too many salvageable marriages ending in divorce. The couples were just angry. As a lawyer, I spent a great deal of time examining the motives of my clients. In exploring whether they truly wanted a divorce, I discovered that most didn't."

Dr. Church believes that most of us are too romantic and unrealistic when we marry. We must be "madly in love." Then we expect the passionate love to last forever—and when it doesn't, we want out. Dr. Church describes a case that typifies the misconceptions that are often the basis of matrimonial distress:

"Lona and Bert met and married after each had been through a 'disastrous' marriage. They were convinced that their new marriage would have all the romance and excitement missing from their earlier marriages. They were sure they'd never bore each other. But not long after, reality dawned—followed by disappointment. Bert stopped trying so hard to impress Lona, and when she didn't respond to him in the same way as she had before, he became demanding and pettish. Lona was disillusioned by the change in Bert; she didn't feel important or special to him anymore. She was hurt and resentful. Bert felt it was Lona who changed. She was no longer the cheerful, talkative woman he had courted.

Since neither Lona nor Bert wanted to go through another divorce if they could avoid it, they decided to try counseling. In their case, it was successful, and they're still together, learning through therapy how to establish a realistic foundation for their marriage. To help couples like Lona and Bert, Dr. Church recommends two books: *A Guide to Rational Living* and *How to Live with a Neurotic*, both written by Dr. Albert Ellis. "I find that these books help couples let go of their 'he/she should be perfect' hang-ups," she says.

"Couples enter marriage today with the wrong attitude," Dr. Church continues. "If you expect your spouse to make you happy all the time, you're in for trouble. There are no easy formulas for a successful marriage; but if you and your partner genuinely like each other, have similar goals, are sexually compatible and, above all, want to share a paired lifestyle of caring and commitment, then your marriage has a good chance of being a long, happy one."

Ideally, you and your husband will be able to work out your own conflicts before you need legal counsel. But if you feel that your problems are insoluble, and the solution is divorce, here are some tips from Doris Sassower on how to choose a good attorney.

"I must stress emphatically," she says, "that the selection of such a life-determining individual as one's divorce lawyer should not be haphazard. If you can't afford the services of a lawyer who specializes in divorce (their fees can easily run $100 an hour or more), at the very least choose someone who has had substantial experience with divorce cases."

The best place to start looking is in the *Martindale-Hubbell Law Directory*, found in any law library. Here you will find lawyers listed by state. In addition to biographical data—schools they've attended and what they've done with their professional lives—it also includes ratings of their ability and reputation based on peer evaluation.

The American Academy of Matrimonial Lawyers is another good source. Lawyers can be elected to fellowship in the Academy only after they have been in practice for at least ten years, and only if at least half their total practice is matrimonial law. These criteria, as well as a comprehensive admission exam that tests the candidates' knowledge, insure a higher than average level of competence and expertise. You can obtain referrals of lawyers in your area who are Fellows the Academy from: The Ameri Academy of Matrimonial Lawyers, Lake Shore Drive, Suite 2508, Chica Il. 60611. Telephone: 312-787-1600.

These sources do not, however, me ure such qualities as sensitivity, comp sion and conscientiousness. As to th says Ms. Sassower, the best guide is pendable word of mouth. E

STAYING TOGETHER

To be married for 20 or even 30 years is no great feat. But to b *happy* is. Four famous couples reveal how they all keep alive thei excitement about themselves—and each other. By Jane Geniesse

In these chaotic times, when lines for marriage counselors almost stretch around the block, when how-to-survive-divorce manuals outsell cookbooks and singles bars are jammed with young men and women seeking intimacy without strings, any marriage that has survived more than 20 years is an item of considerable puzzlement. Yet these solid unions do exist. Who can forget Muriel and Hubert Humphrey's moving partnership of 42 years? Lady Bird and Lyndon Johnson had a 39-year union. Pat and Richard Nixon's marriage surmounted terrible stress and disappointment and is now in its 38th year. Jo and Bob Haldeman, after the trauma of Watergate, are still together and happy after 29 years. And, of course, Rosalynn and Jimmy Carter's 32-year marriage is held up, in Washington at least, as a standard by which all marriages should be measured.

The world of show business is notoriously bad for marriages, yet there are many that have endured. Gregory Peck and his wife Veronique will celebrate their 23rd anniversary this year. Gloria and Jimmy Stewart have been together for 28 years. Paul Newman and Joanne Woodward have made it through 20 years, as have Lola and Robert Redford.

We talked to four couples who are happy veterans of long-term marriages. They have moved forward together, some through two decades, others through five, facing the ups and downs that every couple must. Their unions have endured, even flourished. They are affectionate, intimate, cooperative toward each other—wedded, in other words, as only people can be who have developed together over years.

To begin with, they have in common good images of themselves; they are successful in their chosen fields. And they have good incomes, a fact that should not be underestimated. Maybe economic security isn't everything, but it helps.

"It's a bad scene if you're not doing well. You have to make a good living to get along with anyone," avows comed Henny Youngman, who has burst i his 70s with more nightclub and TV gagements than there is Henny to round. But it was not always so. He his wife, Sadie, married now an aweso 49 years, still remember, all too vivi the destitute days when their horrified laws berated him for his crazy dream being a stand-up comic.

No couple better represents abid affection through hard times than pair. They married in 1928, when Sa was still a teenager working in a Bro lyn dime store and Henny, barely in 20s, was doing odd jobs while work up an act. "Take my wife. . . . pleas says Henny in the line that has made h famous. But privately he calls her "swe heart" because he knows he has a g For Sadie always believed in Henny even though she now concedes that went along with her parents in wish he preferred a "respectable trade."

(continued on page 19

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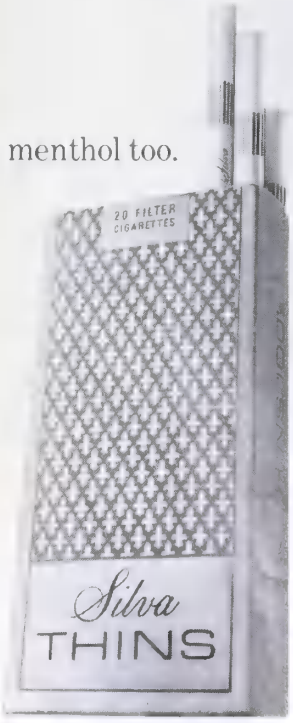
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TREE HOUSE

continued from page 68

the back door. "It's cold, we need . Oh!" her voice dropped. "I don't see w I have to recite those stupid lists a way," she said angrily, squaring shoulders, standing her ground, tough a tree stump and then she blinked, not in time to catch the tear that tra a wet line down her cheek.

"Mortar!" Keith's call from the will tree hung in the chilly air. "Mortar!"

I handed her the jackets. "Better h ry up and finish that roof before it blo away," I said. I could see Charlott problem but what I couldn't see was h I could help her.

I'd promised to call Elsie and dia the number even though I really did feel up to it now.

"I'm glad you called," Elsie sa sounding like her old self. "Herb an are having a spat."

Yes, exactly like her old self.

"Herb tells me Charlotte is hid books again."

Again? Had I heard *again?*

"Anyway," Elsie continued, "We ca agree on how to handle it. Herb says need an arbitrator."

What could I say?

"We're thinking of discussing t with Charlotte's teacher, Mrs. Gunth Do you know her?"

"Yes, she's a good teacher. I was gu ing with relief. "You'd like her Elsie."

"You really think so?"

"I do. Keith had her last year."

"Good, that's what we'll do then. only met Mrs. Gunther once and we thought we'd feel better if we talked you before we approached her w this."

When I put the phone down I there a minute, looking across at H and Elsie's house, feeling a lot more t just relief. I hadn't thought about C nie and Joe for quite some time, something about my talk with Elsie minded me of the old conversation used to have with Connie.

"You don't think that carpeting's gaudy?"

"No, of course not. Different may but not gaudy."

"You're sure now?"

It was the same kind of conversati Only this time we were discussing c dren, not decorating. I hoped we kn more about raising children. But w did any of us *really* know? Herb and sie? Dan and I? Connie and Joe? M Gunther? Who had a guarantee even thirty days? Deep down, all any of could do was play it by ear and hope the best. And oh, yes, mix in plenty love. Love holds things together, mortar, but it's neater than mortar. A neater.

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Pet Journal

Roger Caras

Is it cruel to keep your dog outside all year? No, says the Journal's expert—*if* his home is as snug for him as yours is for you.



Is your neighbor cruel to leave his dog outside all year round? Should you keep *your* dog outside? There are a number of factors to be considered.

The breed: This is the most important consideration. I have personally visited the Antarctic sled teams used in the harshest winter environment on earth. Though they never set foot in any kind of building during their entire lives, they are healthy and happy. But they are dogs bred for a harsh climate: Siberian Husky, Alaskan Malamute or Samoyed, or mixtures thereof. And they are conditioned from birth to tolerate cold, wind and snow.

There are other breeds besides the true sled dogs that can tolerate perfectly dreadful weather. These include the Otter Hound, the Norwegian Elkhound, the Bearded Collie, the St. Bernard, Akita, Great Pyrenees, Komondor, Kuvasz, Puli and the Newfoundland. There are others as well. And there are breeds that tolerate hot weather better than others, too, such as the Saluki, Afghan Hound and Basenji.

Conditioning and the weather: First, dogs that are to spend their lives outside should be kept there most of each day and night so they are gradually conditioned for the harder days ahead.

The second concern is the weather. Cold is not much of a problem for the right breeds. Wetness is. A dog must be able to keep dry in a storm. And he must also be able to reach a shaded area when the weather is hot.

Living facilities: Your dog needs a house for protection from extremes in weather. It must be on legs or blocks so that air can circulate underneath. The doorway should face away from the prevailing wind and should be just large enough to admit your pet comfortably, but no larger. In areas of the country where the weather is very harsh, it's a good idea to have a removable partition inside extending about half the width of the house so your pet can go to a "back room." The floor of the doghouse should be covered with clean straw, cedar chips or blankets that are washed *and dried* with regularity.

The roof of the doghouse should be removable, for three reasons: 1. A removable roof allows you to set the protective partition in place in winter and remove it in summer; 2. You'll be able to clean the inside of the doghouse properly, disinfecting it and spraying it for fleas and ticks; 3. You can make it reversible.

The importance of making the roof reversible cannot be stressed too strongly, because its color has a great deal to do with the interior temperature of the house. The side of the roof exposed in the winter should be very dark, perhaps black or brown. Dark colors absorb sunlight, a bonus in winter but a disadvantage in summer. So the summer side of the roof should be glossy-white to reflect the sun's rays. If you don't want to make the roof reversible (it should still be removable) you can repaint it each spring and fall.

Locating the doghouse: Ideally, it should be inside a run or enclosed yard. That eliminates the necessity of chains or other awkward encumbrances. It is also important to place the house where there will be natural drainage. Otherwise, it will end up in a quagmire when the snow melts in spring or when you wash the inside down in summer. Medium-sized driveway gravel will help keep the area neat. Larger stones set in the ground directly beneath the house will facilitate drainage and keep the area from becoming a nursery for unwanted creatures.

Building a doghouse: The materials for a Grade A doghouse shouldn't cost more than $100, and will probably cost less.

Buy only the best materials: ¾" exterior plywood and solid bracing. And use outdoor hardware as well as good quality outdoor primer and paint.

Other important factors for an outdoor dog: It's essential that any dog have unlimited access to fresh drinking water, summer and winter. Many pet shops have electric heaters that are used to keep water from freezing. One of these can be used near a doghouse.

If you have any doubt about keeping your dog outside, discuss the matter with your veterinarian. Or, if you have a purebred dog, talk to a professional breeder who knows your breed well. If you do decide your dog can and should live in a doghouse, make sure you give him enough attention to provide the security he must have.

End

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Can This Marriage Be Saved?

continued from page 22

had three children in three years—
g, bing, bing. Marian started eating
a horse and gaining weight like
elephant, and I began to realize that
as locked forever in an indoor job.
'There's a bright spot in this other-
e totally dismal situation. The part-
ie job that's helping to pay for the
ise Marian insisted upon is giving
valuable experience. Unfortunately,
rian now wants me to quit so she
have a career.
'I just can't face another scene, an-
er outbreak of tears that might last
eks, another argument that I'm bound
ose. In thirteen years everything has
ie her way. Nothing has gone mine."

E COUNSELOR'S TURN

'The prospects of salvaging this mar-
ge seemed dim, but Marian beat the
ds almost single-handedly," the coun-
or said. "She had a powerful motiva-
n—the fear that losing Seth would
ndemn her to a lifetime of loneliness.
In early childhood, Marian acquired
habit of overeating, a habit learned
m her mother who equated food with
e. When her classmates laughed at
plumpness, Marian pretended she
n't care. But as she watched other
s find boyfriends, while she was left
ie, her fear of the future deepened.
e meeting with Seth, a fugitive from
m, was a miracle to Marian.
From the first, Marian was deter-
ied to hang onto her prize. Her de-
mination was clearly indicated by her
ndreds of letters and the flight to
waii—a venture that took real courage
a naive girl of seventeen.
Seth's marriage to Marian probably
resented an effort to escape his moth-
bullying. Marriage, however, turned
to be another form of bondage. Once
in he felt he was under female domi-
ion. Victimized by his almost patho-
cal dread of tears, he was unable to
ak plainly.
It never occurred to Seth that his
isal to explain himself and his needs
an implicit demand that his wife
d his mind. Marian had no notion,
example, that he was interested in
construction business.
Marian and Seth married very young
h no knowledge of each other—and
y acquired none. As the result of
h's 'the-less-said-the-better' attitude,
Marian's fear of losing him, they
re unable to establish a means of
mmunication. Quite often in attempt-
to please her husband, Marian ac-
plished the opposite.
She thought, for example, that Seth
uld be proud to be a father, and he
didn't tell her otherwise. But as the pressures of supporting a family increased, Seth turned away from her, and Marian looked for love in food.

"By the time argument-ducking Seth got around to complaining, it was too late. By then Marian despised herself for her gluttony and discovered that her tears of self-contempt had an effect on Seth. Perhaps, her instincts whispered, she could hold him through pity.

"The destructive cycle was broken when Seth finally announced his intention to leave her. In the crunch, it turned out that Marian, the clinging, dependent crybaby, was anything but weak. She rallied every ounce of her determination, proved her strength and astonishing willpower to Seth, me and, most importantly, to herself. In the process, she regained her self-respect—and Seth's love.

"Supervised by a physician, Marian lost eighty-eight pounds in one year. Her lifestyle changed along with her eating habits. Now that she has recovered her vanity, she attends parties and buys becoming clothes.

"Seth is still in the insurance business but not for long. Recently, he and Marian sold their elaborate home and invested the profits in a small real estate development company. To lighten the family's financial load, Marian has gone back to work.

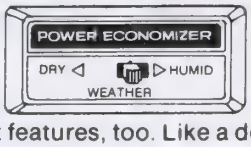
"Marian and Seth share each other's dreams for the future, and they now communicate, she tells me, with the enthusiasm of newlyweds." **End**

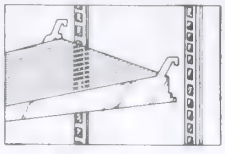


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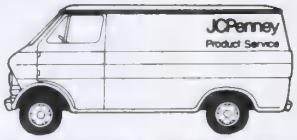






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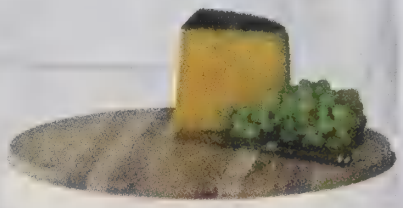
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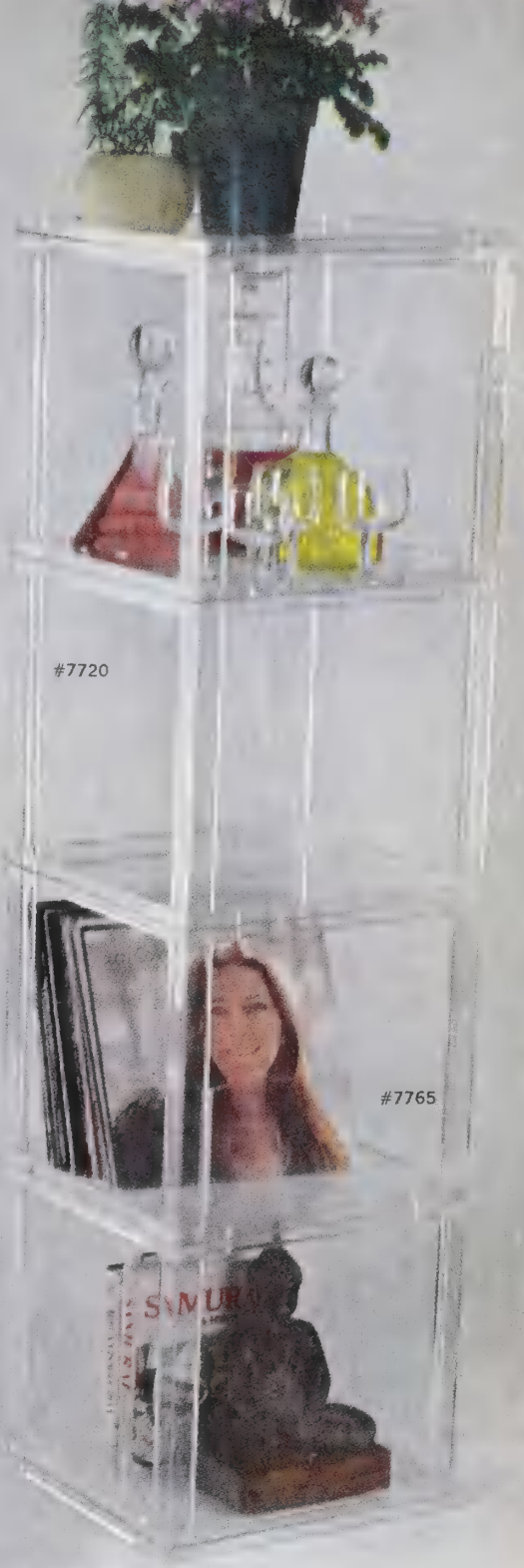


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PATTERN AND SHOPPING INFORMATION
"SUMMER'S HEIRLOOM LOOKS" TO SEW

PAGE 118–119
Pattern: BUTTERICK 6090 (sizes 7-14) requires 2¼ yds. of 45" fabric. 3¼ yds. trim for size 8.
Trimming: Kahaner Inc. lace.
Accessories: Bow-tied shoes, Ballet Makers by Capezio; Bonnie Doon knee socks.

Pattern: SIMPLICITY 8415 requires 3¼ yds. of 45" fabric. 3½ yds. trim for size 10.
Trimming: Streamline Industries.
Accessories: Earrings by 1928 Jewelry Co.; Shoes by Selva Inc.

Pattern: VOGUE 9670 blazer and VOGUE 9834 pants. Blazer requires 3¼ yds. of 45" fabric for size 40; pants require 2⅝ yds. of 45" fabric for size 34.
Accessories: Shoes, Polo by Ralph Lauren; sweater, shirt and tie, Barney's N.Y.

Pattern: VOGUE 1904 requires 4 yds. of 45" fabric. 20 yds. ribbon trim for size 10.
Trimming: Ideal Braid Corp.
Accessories: Shoes by Maud Frizon; Frank Olive straw hat; LeCour Johnson bracelets; rings and earrings by 1928 Jewelry Co.

Pattern: SIMPLICITY 8429 (sizes 3-6) requires 1¾ yds. of 45" fabric. 3½ yds. trim for size 6.
Trimming: Streamline Industries.
Accessories: Shoes, Ballet Makers by Capezio; Bonnie Doon knee socks.

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BUTTERICK 6090



SIMPLICITY 8415



VOGUE 9670



VOGUE 9834





VOGUE 1904



SIMPLICITY 8429

"SUMMER'S HEIRLOOM LOOKS" TO BUY

PAGE 120–121
DON SAYRES FOR GAMUT dress at B. Altman, N.Y.; Ivey's, North and South Carolina; Selber Bros., Shreveport, La.; Julius Lewis, Memphis, Tenn.; Balliet's, Oklahoma City; Rikes, Dayton, Ohio; Lazarus, Columbus, Ohio; Sanger-Harris, Dallas; Neusteters, Denver.
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ARTHUR RICHARDS sport jacket and pants available at Saks 5th Ave., all stores.
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HAPPY BUG dot voile sailor dress available at B. Altman, N.Y.; Thalhimers, Richmond, Va.; Stix Baer & Fuller, St. Louis; Pizitz, Alabama.
Accessories: Bonnie Doon knee socks.

MALCOLM STARR dress at Saks 5th Ave., all stores; Selber Bros., Shreveport, La.; Frost Bros., Texas.
Accessories: Earrings, KJL; LeCour Johnson bracelet; Shoes by Selva Inc.

HAPPY BUG eyelet sailor dress available at Thalhimers, Richmond, Va.; Stix Baer & Fuller, St. Louis. For more information contact Morris Ran, Happy Bug, 1333 Broadway, N.Y. 10018.
Accessories: Bonnie Doon socks.

FOXY LADY dress at Saks 5th Ave., N.Y. and selected stores; Hahne's, N.J.; Burdines, Miami; Sanger-Harris, Dallas; Marshall Field, Chicago; Joseph Magnin, California; Buffums, Newport Beach, California.
Accessories: Trifari pearls; 1928 Jewelry Co. rings.

HUBERT HUMPHREY

continued from page 107

he never spoke of himself; his only concern was for others."

SKIP HUMPHREY:

Skip Humphrey, who is following in his father's political footsteps, says that you could never tell what you would find his dad doing. On the day that Skip was awaiting the results of his first race for the Minnesota State Senate, he decided to seek out the peace of the family home in Waverly, Minn. But instead of serenity, he found the former Vice President running through the fields chasing his donkey Demo toward the corral. It was a real contest of wills, and the four-footed Democrat was winning.

On another occasion, Skip arrived at Waverly to find two feet protruding from under a Model T Ford. Sharp language was issuing forth. It turned out to be his father under the car, with his hands on the plugs and oil dripping on his face. What a condition to find a U.S. Senator in!

But Senator Humphrey had definite ideas about how things should be done; having grown up during the Depression, he was used to caring for his cars and animals himself. He also liked things to be orderly and clean. When Senator Humphrey visited the Vienna Woods, he marveled at how clean it was.

Back at Waverly, he cajoled his entire family into participating in routine outings to pick up the fallen limbs in the woods behind the house.

In honor of his love of cleanliness, for Christmas, his family gave him a gold-handled mop!

LYNDA JOHNSON ROBB:

Uncle Hubert was definitely a p
tive person and a crusader aga
ignorance, poverty and disease. An
me personally, he was always spe
When I was a young girl, he alw
teased me about my dates and c
plained that he was losing me to a you
er man. I was flattered to be so spe
to him. A birthday or special occa
never passed—including my husb
Chuck's recent campaigns—withou
cheerful word from Uncle Hubert.

There is one night with Uncle Hu
that I will never forget. When Ch
left for Vietnam in 1968, I moved h
to the White House to await the b
of Lucinda. At about 11 one ni
I padded down the hall of the fa
quarters to get some ice cream from
kitchen. My hair was in rollers. I wa
wearing makeup. And I was well "
child."

Naturally, I didn't expect to see a
one at that time of night in wha
thought was the privacy of our
area, but I underestimated the
encompassing generosity of Hu
Humphrey. It seems that the Vice Pr
dent had been an honored guest
charity dinner, and another guest
mentioned an interest in seeing
White House. Without a thought fo
own long day, Uncle Hubert had off
to conduct a tour. So there in the V
Hall I was presented to Frank Sina
That wasn't the way I had hope
break into movies! But Uncle Hu
treated me like I was the most beau
woman in the world and never not
my scarecrow condition.

GERALD FORD:

When I talked to former Presi
Ford, he related one of his last con
sations with Senator *(contin*



"What do you think? It's a camel's hair coat."

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HUBERT HUMPHREY

continued

Humphrey. President Ford, a former University of Michigan football player, called Uncle Hubert before the Michigan-Minnesota football game. Minnesota was the underdog and Uncle Hubert asked how many points Mr. Ford would give him. Ford said, "Oh, I'll give you five." Humphrey complained, "You sound just like a conservative Republican!" Prodded, Ford finally agreed to give what Jimmy the Greek was giving—13. At the end of the game, Humphrey didn't waste a moment. Five seconds after Minnesota won, 16-0, he called Ford and said, "I'll give you five addresses where you can send the five dollars."

Senator Edward Kennedy:

Senator Humphrey was never one to miss a thing. A year or so ago, he went to Boston with Senator Ted Kennedy. When the two of them arrived at the airport for the return trip to Washington, they found that their plane would be 45 minutes late. So Senator Humphrey suggested that Senator Kennedy take him for some of the marvelous Italian food he'd heard could be found in Boston. They went to a small restaurant where Senator Humphrey quickly charmed everyone and had a six-course meal in 44 minutes. As they sped back to the airport, Senator Humphrey said, "That makes my trip to Boston complete." When Senator Kennedy recently visited that restaurant again, everyone on the staff was still talking about Senator Humphrey. They felt he was an old friend.

Of course, there were times when Ted Kennedy and Hubert Humphrey were not always on the same side. In 1960, Ted Kennedy was substituting for his brother, John F. Kennedy, in West Virginia. Senator Humphrey said that everywhere he turned there was another Kennedy, and because of that he felt like a "corner market running against a chain store."

Judge Miles Lord:

Senator Humphrey played jokes on his friends—and some were played on him in return. One of his long-time cohorts was Miles Lord, currently U.S. District Judge in Minneapolis.

In 1961, Mr. Lord was waiting to hear whether he had been appointed U.S. Attorney. One day, he received a call from a self-proclaimed chief of organized crime who wanted to endorse him. Mr. Lord asked him to please withhold his announcement. Of course, the man on the line was Hubert Humphrey!

Judge Lord and Senator Humphrey were frequent fishing buddies. On one occasion, Senator Humphrey said that he'd like to take his children into the wilderness. (The Senator's idea of wilderness was walking across the back lawn.) Judge Lord had a shack miles away from all civilization, and they decided to go there. The shack had no running water and was filled with bats and mice. The first day, Humphrey never left the "house." He washed all the dishes, boiled them on the stove and tried to disinfect the place. That night Senator Humphrey had to take one of the youngsters on a trip to the outdoor privy. When they arrived, they found 23 snakes in the hole. The next day the Senator remembered that he had pressing business at home, and he and the children left.

On another outing, they found a bus broken down in the road ahead of them. Miles Lord boarded the bus to welcome the passengers to that part of Minnesota. He told them that if they wanted local color, he'd introduce them to one of the characters from the area. "He's harmless, he talks a lot and he thinks he is a U.S. Senator." With that, he called Senator Humphrey to greet some of his constituents. The Happy Warrior bounded down the aisle, introducing *(continued*



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HUBERT HUMPHREY

continued

himself and shaking hands. Finally someone shouted, "And I'm Pat Brown." Senator Humphrey realized that he had been duped and said, "Miles, what have you done to me now?"

There was no changing Hubert Humphrey's love of his public, either. Once Judge Lord ran into Henry Kissinger, who remarked about Senator Humphrey's vigor: "He has girls who come all the way from California to kiss him on national TV. I thought I was supposed to be the swinger!"

Mrs. Lyndon B. Johnson:

My mother's remembrances of Hubert Humphrey are always filled with humor. She recalls that when Humphrey wasn't sent as the U.S. representative to Winston Churchill's funeral, which some saw as a slight, the then Vice President gave as the reason, "Some say that 'Hubert just can't look sad.' "

Daddy used to joke about Uncle Hubert's wordiness. "If I could only breed him to Calvin Coolidge," Daddy would say. But Mother remembers one occasion when Hubert Humphrey was a man of brevity. It was at one of the last state dinners of our time in the White House—the dancers in the foyer could see the inaugural bleachers being built. To finish them in time, the workers continued into the night, the sound of t hammers contrasting with the musi the Marine Band.

All of the guests were thinking al how poignant this must be for H phrey, who had narrowly lost the e tion to Richard Nixon. But for a h breadth, those bleachers would been for him. Finally, someone asked Vice President what he was think "Oh, damn," was his only response. T his face became merry again and went back to dancing.

Vice President Walter F. Mond

To the end, Uncle Hubert kept sense of humor. On the Friday after Thanksgiving, he found a newsp picture of his dear friend, Fritz N dale, gloriously taking the family tu out of the oven. The accompan story related how Vice President N dale had prepared the turkey him So Uncle Hubert called to tease "Muriel and I were just thinking a you. With fourteen acres in the mi of Washington, a sixteen-room h thirteen gardeners and all those S Service men, you still had to fix dinner yourself!"

Nelson A. Rockefeller:

Former Vice President Rockef told me this marvelous story a Uncle Hubert. It seems that U Hubert asked Rockefeller to be his presidential running mate in 1968 though Rockefeller was grateful fo offer, he felt he couldn't change pa so he declined. Then, in 1976, d the presidential primaries, they both guests at a labor dinner. Se Humphrey spoke before the Vice dent did, and said that he knew the perfect ticket for 1976 would Humphrey & Rockefeller. The c cheered. After his speech, Mr. R feller teased that they would ha flip for the number one spot. Se Humphrey said, "No, you go first I'll take the second spot."

Rep. Lindy Boggs:

Lindy Boggs, Congresswoman Louisiana, knew Hubert Humphre years—from the time her late husb Hale Boggs, was in Congress with She feels that his marvelous talent dancer isn't mentioned enough. the Boggses had a party so large their living room swayed with the flow. Humphrey, like the Pied Piper a group down to the basement. T he banged on the piano and had e one dancing a real Boggs boogie.

Another story Congresswoman B tells illustrates Uncle Hubert's un able good humor. One Thanksg the Boggses joined the then Vice dent and his family at Caneel Bay Virgin Islands. The women and chi went to the beach, and *(conti*

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What's Happening

continued from page 18

staunch, and if it occasionally overreaches, it is because its goals are so high.

It is a film fired with ambition, and I celebrate it for the chances it takes and for the successes it achieves.

In the junkyard

Harold Robbins is one of the world's richest typists because he knows how to tap tap claptrap—novels of the high and the nightie. The newest movie fabricated from Robbins' fiction is *The Betsy*, a story of a Detroit automobile family whose patriarch is Laurence Olivier. This picture proves he is a genius. Who but Olivier could have *survived* this role? After a life of Shakespeare and grand drama, Olivier is this time given a mouth full of wood shavings and is ordered to speak Chippendale. It's a triumph of the actor's art that he doesn't choke.

The Betsy spills with adultery, murder, lechery, homosexuality, loan sharks, arson and a yellow gown that is one of the ugliest dresses ever doodled by desperate designers. As for the *automobile* music, it is one car tune after another. Robbins has given us a bum steer: *The Betsy* belongs in a junkyard.

Strong and good

There have been so many big business movies of life in the executive suite—the world of glamour, gleam and greed, that it's about time somebody made a movie about the people whose labor pumps the cash. It's here: *Blue Collar*, the story of three buddies on an automobile assembly line in Detroit: Richard Pryor (loquacious and naive), Yaphet Kotto (laconic and street smart), and Harvey Keitel (stolid and poor). The story is furious with dramatic energy. Its language is definitely not for children. It is strong stuff—and good. **End**

HUBERT HUMPHREY

continued

Congressman Boggs and Vice President Humphrey ventured out to join them an hour later. It was an overcast day, but Humphrey dove into the water. Just then the sun came out. Uncle Hubert glanced up at "his" miracle and quipped, "Don't tell the President!"

Clarence Mitchell:

Clarence Mitchell, Director of the Washington Bureau of the NAACP, told me about one of his meetings with Uncle Hubert.

"At the NAACP Los Angeles convention in 1966, Vice President Humphrey was a featured speaker. In Los Angeles at that time there were very active members of the Nazi party and an assortment of other anti-civil rights groups. At one point, a Nazi actually invaded the convention and spewed a lot of vituperative abuse on the late Kivie Kaplan, who was sitting on the platform.

"Needless to say, this and other kinds of harassment made us very alert to the need to protect the Vice President from any insults or harm. Accordingly, we made elaborate plans with the Secret Service, the FBI and other law enforcement officials to receive the Vice President when he arrived.

"Our arrangement called for his using a side entrance to the auditorium, where he would not come in contact with the general crowd of several thousand people who were attending the convention. At his appointed arrival time, we heard a commotion near the main entrance at the back of the auditorium.

"In the midst of the commotion, happily shaking hands, greeting old friends and completely oblivious to the need for security, was the Vice President himself. There was nothing we could do at that point to change the course of events, and we watched as he made his way up to the platform through a sea of admirers and old friends. He made a stirring speech and left the auditorium in the same way that he had entered—with complete indifference to hazards. Fortunately, nothing happened."

Press Secretary Norm Sherman:

Norm Sherman, Humphrey's press secretary and longtime intimate, remarked that Uncle Hubert often told stories that poked fun at himself.

One involved an important state dinner Humphrey was to attend. The night of the dinner, he had to stay late at the Senate. The only way he could make it to the dinner on time was to change into his formal clothes in his limousine on the way to the White House. In the dark, he managed to change completely and arrived just in time to march down staircase with the visiting chief of st As he sat down in the State Din Room, he realized that he had made critical dressing error. He had put shorts on backwards so they were ful one place and too tight in the ot That evening he especially welcor the toasts, so he could stand up!

It was difficult during the dark d of Vietnam to find any humor, but Ur Hubert always made the best of any uation. One visit to Italy, the V President was met at the Rome Op by the 6'3" impresario. As he bowe the Vice President, a protester thre plastic bag with yellow paint in it. aim was poor. He missed Uncle Hub but the yellow paint splattered over dignified greeter's hair, face and clot In a flash, the Vice President said, "D this happen to you often?"

Staffer Dave Gartner:

When Vice President Humphrey ited the Pope, he took several staff m bers to the audience. Uncle Hubert troduced one member of his staff "Dave Gartner—a fine young man, he doesn't go to Mass." It happened the interpreter knew Dave's home of Iowa. When the interpreter vis Iowa, he went to a restaurant frequen by Dave's parents and told the res rant owners about the conversation w the Pope. Then, when Dave's par visited the restaurant, they heard al the papal audience. Dave's mother ca him and asked, "The Pope says yo not attending Mass—why not?" The President's word got around!

Jimmy Carter:

The first time I met Hubert H phrey, I was running for governor successfully in 1966) and he was President. He'd just gone on a leng and tiring trip to Europe for Presi Johnson, and had not even gone ho but had come on to Atlanta where s friends of mine were having a recep for me. He was obviously very tired, he took the time to go around and sp to everyone, making them feel com able and at ease. That was all he re liad to do. To make an appearance say hello. But many of the people t were interested in his European trip foreign policy in general. He di really have to, but he starting answe questions about ten o'clock at night one in the morning, he was still t answering questions in an animated enthusiastic manner—just as though wasn't bone-tired and would rather h been home asleep.

It illustrated to me how much cared about others, how he would s fice his time and energies for othe was very impressed—and it was t same traits that he demonstr throughout his life.

MY FRIEND ELVIS

continued from page 104

od—all bad—which, along with the r facilities, reflected in the finished ords. One night he became angry be- se a playback speaker was making a nge noise. He pulled out a gun and t the speaker to pieces. The record- session was a disaster.

He finally consented to a recording sion in Nashville. Upon arrival, he l an argument with his girlfriend of moment and refused to leave the el. He stayed in the hotel for three s. That ended the session.

At the end of 1976, Elvis made a ten- appearance at the Las Vegas Hilton. e audiences that had paid to see him form were in for a disappointment. ere were nights when he seemed un- e to remember the words to his songs; simply stood there while the backup up did most of the singing. There re other nights when he went onstage l talked more than he sang. His be- ior was disturbing.

Following Las Vegas, he settled into life of seclusion. Except for a few its to the movies and an occasional torcycle ride, he rarely left Grace- d. In June, 1977, he did tape a tele- ion special for CBS, but his strange itude did not change.

Elvis had some strange thoughts about th. Curious about reincarnation and after death, he constantly read about gions and the supernatural. His feel- s about violent death were even more ense.

I remember his reaction to the assassi- ion of President Kennedy in Novem- , 1963. As he watched the television orts, Elvis's emotion changed from ness to anger. When Lee Harvey Os- wald appeared on the TV screen, Elvis started banging his fist on the marble coffee table, and screamed, "You dirty rotten bastard. You sick SOB."

He looked at us and said, "That will never happen to me. No one is going to be arrested or sit in a courtroom and tell the world how he killed Elvis Presley. If anybody ever shoots me, I want him dead before he even sees a policeman."

He was really vehement about it. As the days passed, he said the same thing many times. When Senator Robert F. Kennedy and Dr. Martin Luther King were killed, Elvis repeated the same words to us.

He never made us promise, but we all knew what he expected from us if someone tried to kill Elvis Presley.

Dies alone

As fate would have it, Elvis did not die violently. He died alone, silently, on a bathroom floor in Graceland, on August 16, 1977.

The autopsy report, which took two months to compile, offered conflicting opinions.

Dr. Jerry T. Francisco, the Shelby County Medical Examiner, announced that Elvis died of cardiac arrhythmia due to unknown causes. He also said there was no evidence of drug abuse. The autopsy report of Baptist Hospital, on the other hand, lists Elvis's death as drug-related. Some of the lab reports found ten different drugs; others found eight. Dr. Francisco said that only four of the drugs were significant and these were not present in sufficient levels to cause death.

Elvis *had* a drug problem. I had a drug problem and so did most people who were associated with Elvis. Let me define the words "drug problem."

Aspirin is a drug, and if someone takes too many, he then has a "drug problem." This is true of alcohol, tranquilizers, diet pills and the host of other things that the American people take every day. The more commonly accepted definition of the words "drug problem" means using marijuana, LSD, heroin, cocaine or something of that nature.

I can categorically state that Elvis *did not* have a drug problem if we use the second definition. He did not use hard drugs. He did, however, have a drug problem—and it began with the diet pills. Diet pills, which were prescribed, allowed us to stay up and work for long hours. To counteract the diet pills, we began taking sleeping pills or tranquilizers. All the pills were easy to obtain. They came in every color, shape, size and variety. They made us feel good during the day, they made us feel rested when we were tired, they gave us courage when we were afraid.

Fortunately, some of us were able to quit. Unfortunately, none of us were strong enough to help Elvis quit. Perhaps he simply didn't feel the need to quit, or perhaps he was going to, or perhaps he never really cared. He was a strange and unusual man of strong feelings and strong desires, and that very strength may have kept him from doing other than he did.

It is said that Elvis had a death wish. I don't believe that's true. Though unhappy a lot of the time, he enjoyed life and often told us that he wanted to live forever.

The 42 years, seven months and eight days in the life of Elvis Presley were filled with understanding, generosity and friendship. He was a legend for millions of fans, and the charisma and magnetism for which he was known were real. He had a smile that could light up the world, and the world is a better place for Elvis Presley having been here.

Elvis had a lot of love for all of us. I'll miss that love, I'll miss his kindness. I miss Elvis, my friend. **End**

The Working Woman

continued from page 52

e—copy writing, community relations, , newsletters, radio spots, liaison with merchants. Then, on June 1, 1976, parent company put all its shopping lls in the hands of a large agency. neone told me they were tired of hav- 'old ladies' doing their promotion. I 't cope with this age problem. I've l it."

Marian is now buying a frame shop/ gallery with a loan plus $6,000 saved m earnings. "It's a money-losing p," she says. "But I'm optimistic it can ceed because I know how to promote And if it fails, I won't shrivel up. thing is secure in this world. What- r happens I'll keep working, but I'll er again answer to anyone who can my age against me." *(continued)*



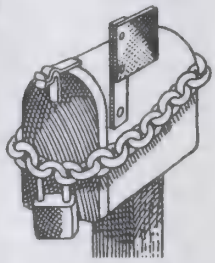
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LHJ

"Without the label of a job, children can conclude that Mommy is a nothing."

Arlene Simon, 41, a New York City homemaker and mothe of three, isn't sure whether she should go to school, keep look ing for an undefined job "helping people who can't help them selves," or try to be content doing the volunteer work she en joys so much. This indecision has intensified since 1974, whe Arlene first began focusing on her own future.

"The children were old enough to do without a full-tim mother," she explains. "And people were always asking m what I *do*. I joked that I sit in the tub and eat bon-bons—or answered, 'I make mischief.' It didn't seem enough to say was a community activist, a fund-raiser for the school fair a neighborhood environmentalist."

Besides the social pressure, Arlene is driven by a desire t be well-rounded—which means having meaningful work. Sh considers it important to contribute to the household finan cially, and she wants to serve as a strong female role mod for her children. "My daughter's friend once asked his moth er, 'Why are you a nothing?' " Arlene smiles. "Without th label of a job, children can conclude that Mommy is a noth ing. It doesn't matter how much they respect you, what yo stand for in the family or what you used to do. I got tired passing 35th Street and Broadway and telling the childre 'That's where Mommy used to work.' "

Arlene graduated from high school in 1954 and from Fas ion Institute of Technology in 1956. That's when she worke at 35th and Broadway designing children's clothing f Aylssa Originals. After their 1957 marriage, the Simons move to the Boston area, where Bruce attended law school an Arlene worked for a children's clothing manufacturer and f the law school newspaper. Back in New York, she regaine her old designing job, where she remained until February 1963, the day before her first child was born.

"We'd been married for six years. I had earned the mon while Bruce was in law school and the army, so I felt I earned the right to stay home and devote myself to mothe hood. Besides, I believe it was important work. I never sai 'These are only children.' I always felt they deserved the best

After 14 years out of the employment market, Arlene fin herself vaguely terrified by jobhunting, job interviews an working *for* anyone. She's also afraid that her own perfe tionism would make it even harder to go back to school f a college degree than to go back to work.

Thus, coming full circle during our conversation, she h nearly eliminated the options of both work and school. "Ma be all I need is the strength to say I should continue as a vo unteer worker. I'm organized and dependable. When I'm n getting paid, I can ask others to do work and donate thing Another reason why I don't go out to work may be becau Bruce wouldn't be there. I use him as a sounding board in my community projects, and maybe I need his feedback.

"But I'm a realist. I don't want to find myself at a point life where I'm entering menopause, losing my parents, havi my children leave home—*and* looking for a job, all at the sam time. If I had it all to do over again, I would never have giv up my job if only because the re-entry process is so horre dous. It's sad to say, someone should have told me. . . ."

However agonizing her problems, the middle-class, m ried woman has the luxury of a *choice* between school, va ous kinds of work and remaining a homemaker. On the oth hand, the "displaced homemaker," forced by widowhoo separation or divorce to find a job to replace her husban support, has the added stress of financial urgency. This c umn would like to hear from both categories of re-entry wo en who are willing to share their experiences. Write "T Working Woman," *Ladies' Home Journal*, 641 Lexingt Ave., New York, N.Y. 10022. E



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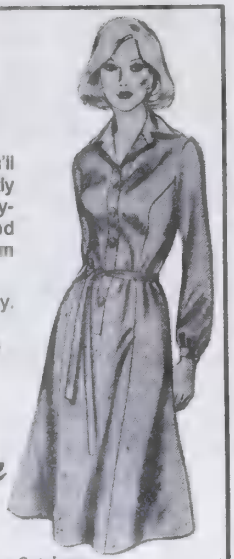
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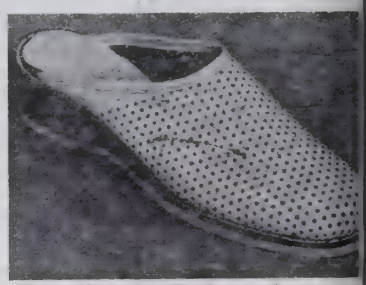
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LYNN HEADLEY—EDITO



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gra slips on her Slim-Skins – snaps universal adapter to her vacuum ner and turns it on. Just 10 minutes e rhythmic motions of the Slim-Skins manent Inch Reduction" program 15 minutes of pure relaxation – as the ss inches disappear like magic.



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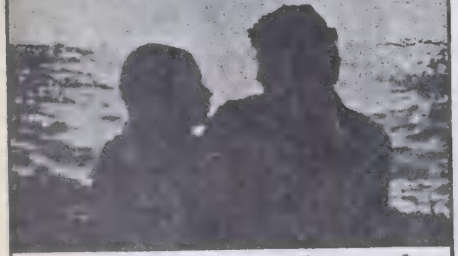
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continued from page 117

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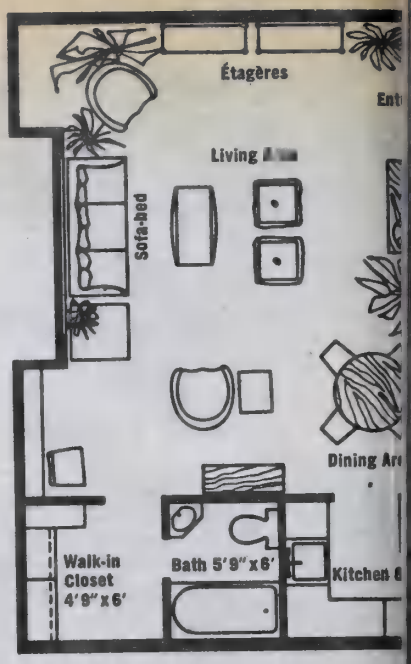
DECORATING: ROOM FOR EVERYTHING

PAGE 114: Carpet, "Lattice Weave" in basket brown, #149-253, from the Designertone Collection, and ceiling "Lynnewood," #494, used throughout; cork wallpaper, "Valencia" in Prado brown, #51-4146-0, used in closet and in niche back of sofa, are all by Armstrong. Blue vinyl wallcovering, #116-V, is from Hinson & Co.*, 979 Third Ave., N.Y.C. 10022. Woven rattan console table #F200-095, modern bamboo mirror in antique parchment finish, #F100-049, Georgian side chair in antique brown finish, #500-219, walk-in closet's Directoire bench in Acarelado finish, #F500-199, and 4-drawer brass chest, #F200-069—all Four Corners Imports by Thomasville.

PAGE 115: Pair of #11231-810 étagères from the Brighton Pavilion Group; bamboo armchair, #V9202-886 (with chair pad covered in #38750 fabric from S. M. Hexter*, 2101 Superior Ave., Cleveland, Ohio 44114), from Four Corners Imports by Thomasville.

PAGE 116: Sleeper sofa #843-387 (covered in #622-16 beige), and pair of #335-930 rattan ottomans (covered in #405-39 rust) by Founders. Woven rattan trunk, #F600-380, used as coffee table, and Louis XIII carved armchair with tapestry seat and back in antique fruitwood finish, #F500-085, Four Corners Imports Console table #11231-715, along right wall, is from the Brighton Pavilion Group by Thomasville.

For additional information on Founders, Four Corners Imports and Brighton Pavilion Group, write to Thomasville Furniture Industries, Inc., Box 339, Thomasville, N.C. 27360.
*through decorators.



FLOOR PLAN
Room measures 18½' wide x 21'9"

STAYING TOGETHER

continued from page 168

"It was like I was a bum, you know, an *actor*!" says Henny. "Her parents made us move out when we had no money for an apartment of our own. And here I was, working in restaurants until two, three in the morning. People don't understand what you're doing. We had to overcome a lot of stuff. . . ."

Gradually, success (beginning with the Kate Smith Show in 1948) began to change things. "My parents were very proud," says Henny. And in both Sadie's and her parents' eyes, what Henny was doing started to represent an authentic business.

Couples have to share the same values, and at bottom Henny not only appreciated his wife's faith but approved of her reservations about show business. "For a long time," Sadie says, "I wouldn't go to the show. I felt I didn't belong. I felt I should be at home with the children." There was a tacit understanding that Henny would shield Sadie from what seemed to them both to be the raw male talk of his business, and as Sadie proudly points out: "Henny's never used dirty material." Her attitudes reinforced his own best standards. He was her guardian and she, in turn, mothered their children along traditional lines.

Now they laugh together, remembering the night she finally got up enough courage to troop into the studio where he was performing. That was the night Henny first used, "Take my wife . . ." And Sadie says "I love it. They yell it on the streets. 'Mr. Youngman! Is this the wife? I'll take her!' "

Now, with their children gr Henny and Sadie run the Henny Yo man business. Their dining room spills over with files, scripts, progra all kinds, and the memorabilia of life crowd every corner of the r They have visited the world's cap sharing his triumphs. If Henny short engagement, Sadie stays hom tends to the mail, the phone calls an scheduling of their mutual enterpris well as taking care of her own li shopping, friends and family. Wi her, Henny admits, the business not function.

Their way of life is traditional; their values. Henny talks about fi "We trust each other. If you hav brains, if you have a family, you wo want to get into trouble. Why woul want to disrupt your life?"

If a good income and pleasure in work are helpful, so is "early patter according to Theodore Isaac Rubi his wife Eleanor. Ellie married Rubin, who is a distinguished New psychiatrist (and *Ladies' Home Jo* columnist) 31 years ago, when she education major and he was bou medical school. Unlike the Young who had to struggle against parent approval, the Rubins' match del their in-laws, Russian Jews whose est hope was for their children t the new land's opportunity. Both parents were similarly dedicated t work and marital permanence.

"They were courageous peopl calls Ted. "Tough. There was ne possibility that marriage could b thing but permanent. They came generation that was not solely dev seeing what *I*, *me*, can get out They didn't have the exorbitant e tions that people have today."

The Rubins, with a mixture of sorrow
d relief, consider their marriage the
st they know. And they're amused that
e order of their lives so closely re-
nbles the pattern their parents' lives
ok. "My parents owned a Mom-and-
p store," says Ellie, taking in with a
ve of her hand the New York brown-
ne that is both their home and Ted's
ice. The Rubins have been literally
e by side all their lives. "We've not
ly had breakfast and dinner, but lunch
d even *snacks* together for years."
At one point, the Rubins remained
ately conscious that "our home rep-
ented a business activity. We needed
ne place where we could disassociate
me from work." Deciding that they
u'd risk disturbing the pattern, they
ved to a house in Connecticut—an
ur away from New York City—and
d became a commuter. He enjoyed it.
e loathed it. She couldn't wait to return
the city and another brownstone,
ere she was in the kitchen and Ted
s comfortably ensconced nearby in
office, Mom-and-Pop store fashion.
fter all," concludes Ellie, "early pat-
ning counts."
So does the art of communication. To
Rubins, almost nothing is so essential
t lasting marriage as the ability to ver-
ize feelings. "Mind-reading," says
l, "simply does not exist. If you can't
ress your problems, you can't find
lerstanding." And judging from the
rtesy and warmth the Rubins show
another, they are also skilled in the
of communicating affection.
She is very caring," says Ted. "I am
envy of my friends."
He is a romantic," his wife laughs.
ow can I *help* loving him?"
'atterning and proximity aside, it
rly helps to work at making your
ner feel good. As to the question of
lity, the Rubins consider it not a
al issue, but a question of each in-
dual's emotional well-being and com-
. Dr. Rubin points out that in his
ctice he observes some marriages
t could not be sustained if sexual
lity were required." He believes that
igid formula can be applied, so long
ere is emotional fidelity between the
ners. As for himself? "Those old
os . . . Good boys don't have affairs."
Writers Sylvia and Irving Wallace
e. "Fidelity? It helps!" says Irving,
hor of such best-selling books as *The*
e, *The Word*, and *The R Docu-*
t. In the West Coast entertainment
'd where they've worked for decades,
opportunity for sexual dalliance is
t. Yet the Wallaces still prize their
ness after 36 years of marriage. "We
an effort to stay attractive for one
her," Sylvia says with a smile. "I
t think infidelity is necessarily un-
ral, and I'm not being judmental,
t usually doesn't do a marriage much
l, either." (continued)

YOU DON'T HAVE TO BE RICH AND FAMOUS TO BE HAPPY . . .

There are often extraordinary problems to overcome in the marriages of the famous. But *every* successful marriage has its own reasons for working. Forrest and Joseph Fletcher of Belmont, Mass., are a perfect example of how marriages of the not-so-famous can happily endure. She is a poet; he is an Episcopal clergyman and ethics professor.

What is the glue that has held them together for 50 years?

"Joe is a dragon-fighter," says Forrest, with a sigh. She's referring to such issues as civil rights, birth control, abortion and euthanasia—issues that her husband has championed all his life. "We share the same standards. All the things he believed in, I believed in, too. Sometimes I didn't feel as strongly as he did, but I didn't go around saying so to others."

"People all want different things," Joe adds. "A successful marriage allows them to achieve what they are aiming for. When support is lacking, marriage fails."

It's clear that Forrest and Joseph Fletcher are very good at boosting each other. "When I was completely discouraged about getting a book published," Joseph says, "Forrest insisted that I persevere until a publisher finally bought it."

"And when I was expecting our first child," Forrest comes back, "Joe refused an invitation to deliver a lecture series he dearly wanted to do. He wouldn't leave me no matter how much I urged him to."

Their affection and respect for each other is obviously boundless. Joseph has landed the two of them in many a bullring that took Forrest far from the gentle world of poetry and art where she is most comfortable. Yet she has honored his goals, just as he has been absolutely dependent on her sweetness, patience, humor and unswerving support.

"The most important assumption to challenge is that marriage is for everybody—which is false," Joe says. "Marriage came into being because the family needed it, not the other way around. There are a great many people who ought not to have children. Marriage is for parenting. I'm not sure I've ever believed in marriage as a particularly valuable ideal. But I've always believed in Forrest. I knew what I had in her."

For the Fletchers, that is the key: What made their marriage last—and what keeps it alive—is that they found the right person, and then knew, in the profoundest sense of the word, what they had. —J.G.

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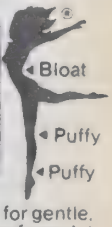
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STAYING TOGETHER

continued

Many bonds link the Wallaces. As with the Youngmans and the Rubins, their home is also their work center. They met when she was 19 and had been sent from New York to be the West Coast editor of *Modern Screen*—one of many magazines for which young Irving was writing. From the first, they clicked intellectually. "We have very similar interests. We're excited by the same types of people, politics and books. Besides, we have a lot of dislikes." They grinned. "Nixon, for instance."

If a good marriage evolves into closely-coordinated teamwork, the Wallaces illustrate this to the ultimate degree. When Irving shifted from screen writing in studios to novel writing at home, it was a perfect opportunity for Sylvia to be a full-time mother and also to keep working at her beloved writing and editing. "I *plunged* into Irving's work. I researched and edited and kept people at bay. And, because Irving worked at home, he saw exactly how awful it can be to run a house."

The Wallaces also discovered that their prized togetherness can get to be too much of a good thing. Couples need the chance to be apart; if separation is not built into a household by careers centered away from the home, then breathing space must be found some other way. Sadie Youngman finds time for personal errands and projects when Henny is out of town. And Ellie Rubin cries: "God bless housekeepers!"—because she has always arranged for back-up help with meals and housework to insure herself free time. The Wallaces stumbled on the benefits of time apart when Irving went to Europe via train and ship (because planes scared him) and Sylvia decided to fly. Now she skis in Switzerland when he basks in Riviera sunshine. Or she goes to Normandy for the day while he spends the afternoon in a Paris café.

Of course, handsome royalties from their prolific writing permit them luxuries others cannot afford. But success brings tensions, too. It can take quite a toll on a wife—particularly a woman who also thinks of herself as creative—to be married to an author whose books will sell millions of copies. At parties, Irving is usually lionized while Sylvia finds herself accorded secondhand attention. "Guests meet me for the sixth time and never remember the other five." She recalls the time "a woman stared at me with sudden recognition, ignored my outstretched hand, exclaimed 'Irving's here!' and sped off to find my husband."

It is no good for one partner to rely on the other to provide all the emotional satisfaction. Self-esteem is required on both sides or the scales tip dangerously. In Sylvia Wallace's case, she saw her son going off to college and her daughter to boarding school. Her nest thus emptied, she went into an emotional tailspin before she resolved it in the best possible way: she wrote a novel of her own —*The Fountains*—and sold it to the movies.

Not every wife can manage exactly that solution, but it is important that she value whatever it is she chooses to do. Which is why Ellie Rubin is going to graduate school, warmly applauded by her husband. Sadie Youngman, from an older, more traditional generation, simply doesn't doubt her value to the family operation and has a husband who is wise enough to tell her so. As far as all three couples are concerned, theirs are partnerships of equals.

To be sure, it is not necessarily the wife who may be in danger of feeling a loss of self-esteem. A man who's married to a celebrated woman can take his share of ego knocks, too. But Peter Greenough, the wealthy investor who 21 years ago married opera singer Beverly Sills, shrugs off the rare occasions when he's called "Mr. Sills." "I have an identity of my own," he says cheerfully, "which does not need to be confirmed publicly." He knows his wife depends on his strength, as much as he rejoices in her talent.

Beverly now says she'll retire from singing in 1980. But over the years she has repeatedly offered to drop her career. "I've made it clear to Peter that if he ever wanted me to stop singing, I would," she says. "Our daughter Muffie and he come first." But Peter sees that her work is important therapy and consolation after the cruel misfortunes they've been dealt.

Peter and Beverly have surmounted the tragedy of a son so severely retarded that he must be institutionalized. And they have coped with their daughter's deafness. "It can be a terrible thing," Peter says slowly, weighing his word "There is a tendency to blame. But yo can't blame genes. It can also be a gre strengthening bond, if you are matur You learn to lean on each other. It h worked that way for us. . . ."

It could have worked another way, the Greenoughs were not strong peop At the time the doctors informed the of the full extent of their children's co ditions, they were living in Massach setts, where Peter was financial editor *The Boston Globe*. Immediately, bought his wife a year's supply of s shuttle tickets from Boston to New Yo He knew it would be good for her to vi her mother there. And he knew that l ing in New York might be the spur Be erly needed to return to singing. Such generous and sensitive gesture perfec illustrates the kind of thoughtfulness a resilience a good marriage demands. Beverly puts it: "In addition to lovi me, he *cares* about me. He's an abs lutely lovely man. I'm hurt if I've h him. I cannot bear to see him unhapp I think he feels that way about me."

Though their ways of living and th values may differ, one quality emer with refreshing clarity: love. Ne mind income or in-laws or career sa faction or communicativeness or sha interest or emotional maturity or hum Love is the indispensable beginning. after that, a couple is lucky enough make a good living, as the Youngm point out; have the gift of knowing wh and how to talk, as the Rubins emp size; and can work with each other well as give each other room, as Wallaces have done, the bonds will firm and enduring. Perhaps the times attitudes that shaped these pairs are g forever, but surely there will always lucky, mature, affectionate and coop tive people who prefer togetherness. A just as surely, there will be future m riages that last.



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Oh, they had to invent a new "deep-luster pearl" to do it. But it was worth it. They're the first frosts I haven't felt glittery or garish in. Now, my eyes match your jewels.

And the reason I can afford yours, Mr. Winston, is because I got theirs...for a song. Well, almost.

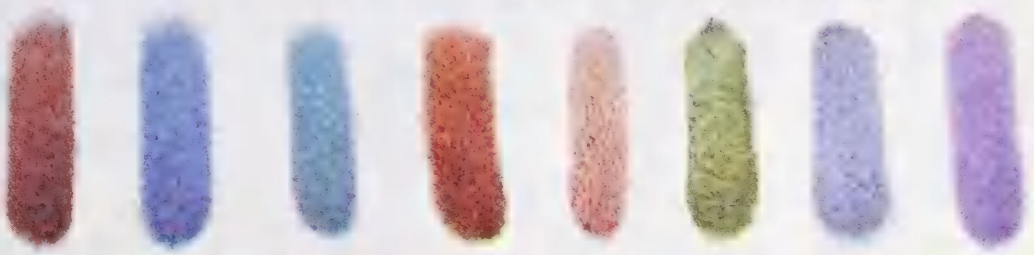
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How and why Goldi-Locks changed her name to Shiny-Nails.

A FAIRY NAIL
BY REVLON



Goldi-Locks' nails were so dull, so lifeless, hers was a case for the Gnail Gnomes. Shiner and Buff Buff arrived with splendid tools called "Gluks Gniks" in Gnomes' tongue. But, in translation, FABU-NAIL 'NAIL SHINE KIT.'

The buffing cream, or "Gluks Potion", is far less drying than mere mortals' abrasive powders. It wondrously resists water, minimizes nail ridges. And did, indeed, help Goldi-Locks' nails achieve a lovely glow.

They also used an odd-shaped tool, one side being a buff buff, the other, a shiner. Hence, the names of our Gnomes.

Now, Goldi-Locks' naked nails far out-shone her locks. So, she decided to change her name to Shiny-Nails.

The Gnomes entrusted many of their tools to Revlon. And being so sure of FABU-NAIL's powers for good, they even made Revlon promise on the package to refund your money if you're not satisfied. And Shiny-Nails requests all of you to please not change your name to Shiny-Nails, too.



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REVLON

Dear Journal...

Does working together work?

I really enjoyed reading Letty Cottin Pogrebin's column about working couples (March 1978). My husband and I are both dentists and we have our practices together. I am frequently asked how I can work with my husband and then go home and live with him. I don't have the problems people think we should have because my husband is truly my best friend my sounding board, my confidant, my morale booster. It's heartening to know we're not the only ones making a go of it—together.—*Carol Gillespie, D.D.S., Columbus, Ohio*

Your article on husbands and wives working together brought a smile to many. My husband and I are a team in a small town (population 2,100) hardware store. Without much trouble, we have counted 17 such combinations in our town alone. It seems to be a way of life in any small community.—*Jane Gillen, Morenci, Mi.*

Today's Jane

I think Jane Pauley (March 1978) is a fantastic young woman. She is a good example of where one can go if one truly wants. At 27, she uses her brilliance and education to shine. Who says women aren't equal? She's one of the best (men or women)!—*Anna Williams, Tucson, Ariz.*

Re: The woman doctor's diet

I want to thank you for your diet in the November 1977 issue. After reading the dieting article carefully, I decided it was the one for me. I showed the diet to my doctor and with his approval I have faithfully followed it. As of this time, I have lost 40 pounds. My doctor is delighted and so am I. I have never written a letter to a magazine before, but I just had to thank you!—*Mary Lofgren, Columbus, Ohio*

Caught in a "catnap"

Without a doubt the cat cartoon in the March 1978 *Ladies' Home Journal* was one of the most hilarious ever. But you, dear *Journal*, didn't even give the artist a signature! Please, tell us who he is!—*Margaret Schmidt, Crossville, Tenn.*

ED. NOTE: We are sorry for the omission, and thank *Journal* readers for pointing this out. The artist's name is Henry Martin, and we're happy so many of you enjoy his work.

Breast feeding

Three cheers for Geraldine Carro (March 1978)! Her sensible presentation of well-researched information alerts mothers to the possible hazards of continued environmental contamination. At the same time, mothers are properly assured that the proven benefits of breast feeding continue to outweigh the theoretical risks. *Ladies' Home Journal* deserves commendation for presenting this outstanding example of responsible journalism. —*Dale Blumen, La Leche League International*

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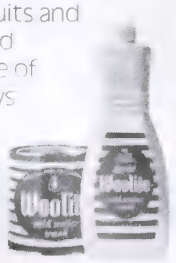
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JUNE 1978

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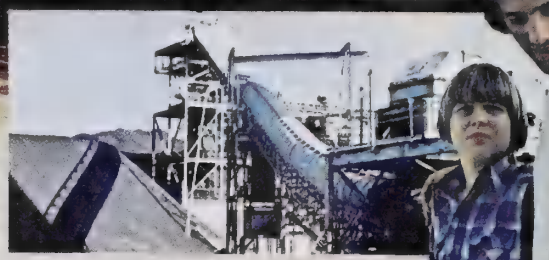
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Editor's Diary

Lenore Hershey

STORIES BEHIND THE STORIES



Anthony Quinn's personal anecdotes about himself, Aristotle Onassis and Jacqueline Kennedy Onassis (see page 56) were taped right here in my office late one afternoon as Tony paused briefly between New York and Rome. My friendship with Tony goes back over the years—I consider him one of the world's most exciting, verbal and attractive actors . . . **Jaclyn Smith,** our beautiful cover subject, may have a familiar look to you if you caught the *Journal* awards on the Merv Griffin show. She was photographed for this issue backstage . . . **James A. Michener:** Once more, we're proud to present this great author's work, this time an excerpt from his upcoming new best-seller, *Chesapeake* (see "Rosalind's Revenge," page 94) . . . *Lassie contest participants:* please forgive us and be patient. We promised the results in June. Because of the overwhelming number of entries, we've delayed our prize-winner selection until early fall. Don't call us: we'll call you. (Have *you* ever tried to select the most suitable dog owner from more than 25,000 entries?) . . . NAME-FLOPPERS. You'll understand our chagrin. We called the author of "Every Other Man: How to Cope with Infidelity," by the wrong name. She's Mary Ann Bartusis, M.D. (We said Mary Jane.) Sorry! . . . And finally, **Woody Allen** and **Diane Keaton,** forgive us, too. We know you cherish secrecy. We arm-twisted Cece Wasserman to tell the hilarious story of how you moved into her house (page 76). We aren't *really* sorry!



OUR WOMEN OF THE YEAR JURY: This prestigious group met in New York to make the final decisions on WOTY (see page 91). They are: From l-r: Betty Furness, NBC-TV; Barbaralee Diamonstein, writer; Elinor Guggenheimer, President, Women's Forum; Rear, l-r: Connie Plunkett, IWY Commissioner; Karen Gerard, V.P., Chase Manhattan Bank N.A.; Marife Hernandez, Chief of Protocol of N.Y.C.; Sister Colette Mahoney, President, Marymount Manhattan College; Helen DeRosis, M.D., psychiatrist; Jerri Wagner, President, General Federation of Women's Clubs; Annette K. Baxter, professor, Barnard College; Gillian Sorensen, N.Y.C. Commissioner for the U.N.; Jacqueline Wexler, President, Hunter College; Margaret Hickey, moderator.

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Can This Marriage Be Saved?

Dorothy Cameron Disney

Do women need love more than men do? Josie couldn't bear Glenn's indifference, but the harder she tried to be close, the faster he moved away.

This case is based on information from the files of the United Family and Children Services of Miami, Fla., a non-profit organization that has served the Dade County community for over 30 years. The UFCS stresses the importance of early counseling for marital problems and helps approximately 10,000 families a year. The counselor in this month's case was Natalie Slafkes.

JOSIE TALKS

"Glenn spends more on his photography than I spend on food and clothing for the family," said 35-year-old Josie, an anxious woman with blond hair. "My husband," she continued, "is blessed with so many lovable, charming qualities—everybody prefers Glenn's company to mine. Maybe I shouldn't complain.

"Unfortunately, his expensive hobby takes time as well as money, which robs me of badly-needed companionship. Although he seems to think that everything between us is just dandy, each day I can feel us drifting apart. It's scary; I feel lonely.

"People on our block aren't exactly friendly. Our next-door neighbor stops and stares at our overgrown lawn every time she passes the house. Frequently I'm tempted to run out and apologize for the eyesore, maybe to ask her in for coffee. But she has never bothered to introduce herself, and I'm too shy and too embarrassed to force the issue. I wish Glenn would fix up the yard. All he thinks about is that hobby!

"At least two or three evenings a week he gets together with his camera club buddies, most of whom are bachelors. They criticize each other's work, listen to lectures of visiting professionals, discuss plans for future shows. Sometimes the guys pool their funds and hire a model, invariably a pretty girl—who will pose in the nude for sky-high hourly fees.

"According to Glenn, his association with these models is strictly professional. Maybe. But after the so-called serious work is finished, he doesn't drive straight home. He and his pals congregate at an all-night cafe and sit for hours over coffee. The model nearly always accompanies them. It's hard for me to understand why her presence is necessary.

"Maybe I'm narrow-minded and old-fashioned—I try not to be—but I think Glenn should spend less time with male friends and nude models and devote more attention to me and our son. Jimmy is six, an age when he needs a father. And I certainly need to discuss his scholastic progress—or, rather, his lack of progress—with Glenn.

"Several weeks ago, Glenn and I were supposed to have a conference with Jimmy's teacher, a sourpuss who is favorably impressed with fathers and quick to brush off mothers, particularly dumb, stay-at-homes like me. That morning I reminded Glenn of our important date. During the afternoon, I called his office—he works for the state planning board—and said I expected him for supper at six o'clock because we were due at the school at seven on the dot. He said okay.

"Six o'clock came and went. No Glenn, no word from him. By half past six, I was pacing the floor, trying to get up the nerve to cancel our appointment. The phone rang. It was Glenn. He promised to meet me at the school in fifteen minutes.

"The other parents, four mothers accompanied by four fathers, were already assembled in the reception room when I slunk in by myself. I felt like an outsider. I'm not acquainted with the mothers of the other kids in Jimmy's class—nearly all of them work.

"Sometimes it seems to me that I'm the only woman in the world who doesn't hold an outside job. Feminists love to snipe at women like me, but I try to ignore their put-downs. Long ago, as a lonesome little girl wishing I had parents to visit my school, I decided that my primary aim in life would be to succeed as a wife and mother. I pictured a husband at my side.

"Glenn never did show up that evening. I was the last parent to see the teacher. By then she was tired and intolerably rude. She said that, like most mothers of only children, I was undoubtedly overprotective of Jimmy, and should involve the father in my son's rearing before it was too late. I was so upset I got nasty myself, and she walked out.

"It was ten o'clock when I got home and paid Jimmy's sitter. Glenn wasn't there and hadn't telephoned. By midnight I was wild with anxiety, envisioning a bloody traffic accident, a hospital, the morgue. Glenn is constantly late, refuses to use a telephone and won't let me try to track him down. Years ago I made a pact with him not to call the police or hospitals until he was missing for a full twenty-four hours. That pact haunts me to this day.

"Eventually, I took a pill and went to bed. Hours later, I awoke and found myself gripped in Glenn's embrace. Pressing his mouth against my ear, he whispered love words, apologies and a jumbled explanation about a photography session at the beach. Still half asleep, I tried to push him away. But then, just like always, I surrendered to his urgency, and we made love.

"Next morning, as usual, I *(continued on page 22)*

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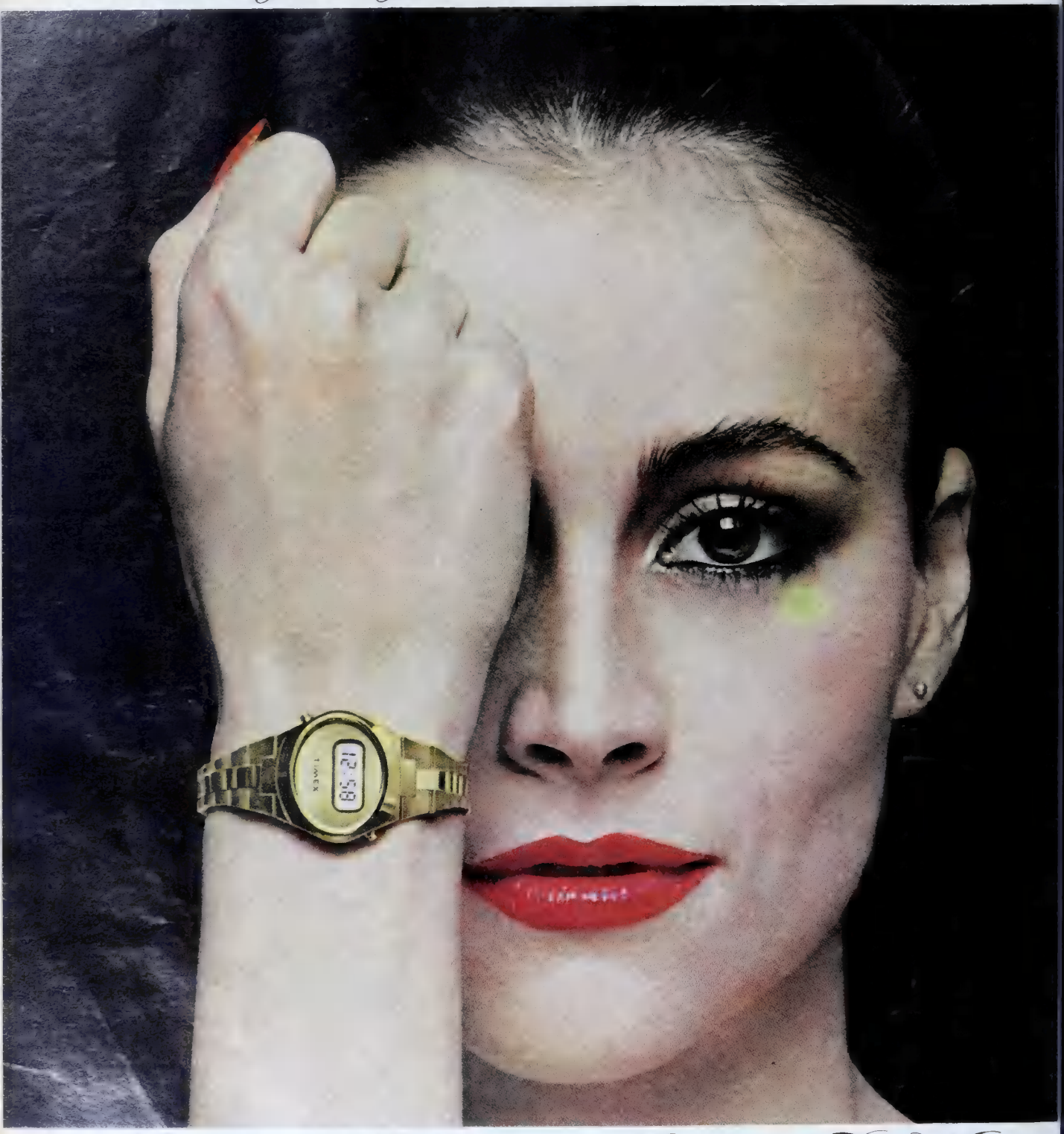


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Can This Marriage Be Saved?

continued from page 18

was angry at Glenn and angrier at myself. Although our sexual relationship is very good, it feels strictly physical—and not very loving. I wonder whether he ever really loved me as a person and whether our marriage was a mistake.

"Glenn and I shared an apartment for nearly a year before we married. The arrangement made me miserably uncomfortable; I was terrified that my elderly, ailing parents would find out that we were living together. What's more, Glenn was unemployed. I paid the rent and was wretchedly embarrassed at having to do so. Glenn didn't mind. I minded his not minding.

"Anyhow, when my parents died within ten days of each other, and I had to fly to Illinois to settle their affairs, I bade him a permanent good-bye. When I returned to Florida, prepared to close the apartment, I found him waiting for me in the lobby. I was ridiculously glad to see him, as he quickly discovered.

"We married right away, and I used my modest inheritance for a down payment on a house. I hoped that owning a home would steady Glenn, supply him with the incentive to become a responsible adult, a strong man I could depend on. For quite a while, my hope was realized. He immediately applied for a job with the state, passed the qualifying exam and landed the job he wanted.

"Three years later Jimmy was born, and both Glenn and I were wild with joy. When the obstetrician told us that another pregnancy would be dangerous, nobody could've been more understanding than Glenn.

"In those days, just six years ago, his photography was confined to pictures of our one and only. I was busy, content—I felt fulfilled. I hardly noticed that Glenn was drifting away from me.

"Last September, school opened. Suddenly my whole world seemed empty. In the morning when I watch Jimmy run for the bus, I very often start to cry. If I tell Glenn I'm lonesome and unhappy, that I feel shut out of his thoughts and activity, he turns away.

"Maybe I'm to blame. Maybe I am jealous and overpossessive, like Jimmy's teacher says. I've tried hard to think of Glenn's photography as just a hobby and no real threat to our marriage, but I'm afraid I may be kidding myself.

"On Saturday I vacuumed his car. In the trunk I found nude photographs of a beautiful girl with a spectacular figure.

"I asked Glenn about the girl. He told me she was a professional model, a stranger to him. Her agency, says Glenn, asked him to submit the photographs to the camera club for their next show.

"I don't believe that girl is a stranger to Glenn. I don't know why he lied to me and I'm too afraid to guess."

GLENN'S TURN

"I hate to lie, particularly to Josie." said tanned, dark-haired Glenn. "Lies seem like a waste of time. But when Josie puts me under pressure, my character is so weak that I'm likely to cave in. Josie is super-sensitive, and I would rather lie than hurt her feelings.

"Of course I'm acquainted with that model—although not very well. One morning I drove to the beach to photograph the sunrise and saw this girl swimming in the nude. I snapped a shot, then she came over to talk. It turned out that her lifetime dream was to be a professional model. I helped her out by shooting enough photos to fill her portfolio. Josie stumbled on the photos before I could mail them off. I never expect to see the girl again.

"Josie would never buy that story. But it's the truth. My feelings for that girl are nonexistent; my feelings for Josie, on the other hand, are real and important. But I get tired of her suspicions, her worries, her clock-watching. If I'm fifteen minutes late, she wants to call the cops. Why can't she trust me? We've been married ten years. Half the guys I know are divorced—or wish they were. I'm satisfied with the wife I've got.

"Nearly all the problems in our marriage are in Josie's head. She has too much time on her hands to sit and brood over what our boy is doing in school.

"Probably I could be a better father to Jimmy—although I'm a big improvement over my old man, who walked out on us when I was four years old. From what I gather, Josie's father was a money-maker, but no great shakes at the hearth and fireside bit. Anyhow, she is so high on parenthood that she doesn't leave me much room to function.

"When Jimmy was a baby, she wouldn't let me diaper or bathe him. Now, even though he's six, she's afraid for me to take him fishing. 'He might drown,' she says.

"I fully intended to show up for the conference with Jimmy's teacher, but at the last minute I chickened out. Josie is a college graduate with firm ideas about education—I'm a tenth grade dropout—and earlier in the week I overheard her expressing her opinions to the school principal. The principal hung up on her with a bang. Anticipating a worse hassle with the teacher, I skipped the affair.

"I do my best to get along and go along. I know I'm not perfect. In fact, I'm lucky Josie married me.

"I met Josie when I was twenty-five and toying with the idea of becoming a professional photographer. On our very first date, I showed her my rather large portfolio, confident that she would butter up my vanity like all my other

"She examined my best samples, said that in her judgment I had n ture as a photographer. The comn although unflattering, confirmed my doubts. I admired Josie's honesty; girls tried to con me.

"On our second date, she arrange me to have my tattoo removed. I was dead broke at the time, she the operator's bill.

"These stories probably make sound bold and outspoken, and in ways, I guess she is. She can also bashful and prissy as a grandm Still, from the beginning we were in bed. When I said I would like to in with her, however, it took her a to agree. She then wanted me to us fire stairs so I wouldn't be seen i elevator, a proposition I declined.

"Josie has rigid notions about w right and proper. After her parents and she decided that I might sha as a husband, she immediately bou house. In her view, every married c should have a home. In *my* view picked a place that's too big, too down and too far from town.

"Although Josie grew up in af circumstances, she's tight with n and hates to spend an extra nick have fun. She's a great little planne She couldn't rest until she maneu me into a regular job with a regul check that I was supposed to m wisely. Actually, I don't mind m it's the work I'm expected to do at that bothers me.

"Josie is a whiz at figures, and I' the opposite. But she insists that I' head of the house, and that bill-pa my responsibility. Other male res bilities are mowing the grass and ing a yard full of trees cultivated. chores she assigns as a way to ke home. Naturally, I duck out of the

"In Josie's book, ironing, bedm and cooking are the wife's responsi Josie is a terrible cook. I enjoy co but she gets insulted if I try to tak I tried to plan a party for the guys club and their women. I voluntee barbecue so Josie would have a c to meet everyone, but she squ that. She said the guys would dri much of our beer and stay too and that the women would thi was dumb and ought to have a

"The poor girl is lonesome. I wi would quit brooding, cheer u agree that our marriage is satisfa

THE COUNSELOR'S TURN

"No marriage with one unhapp ner can be considered satisfactor counselor said. "The assets in thi riage, however, outweighed the ties, and the prospects for improv looked very promising.

"Josie and Glenn shared a po

(continued on pag

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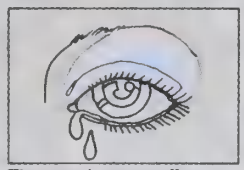


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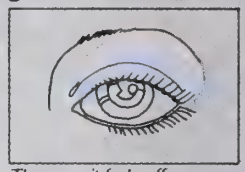
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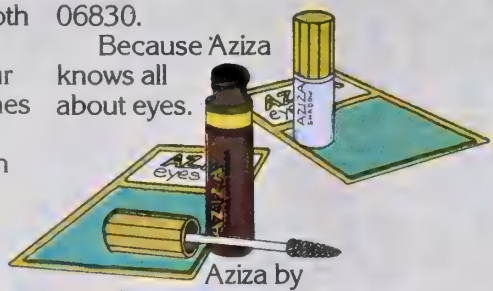
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Psychiatrist's Notebook

Theodore Isaac Rubin, M.D.

Why do people gossip? How young is too young to encourage a child's career interests? What does having a "sweet tooth" really mean?

My husband says that I gossip a lot, and to tell you the truth, I think he's right. I've tried to stop, but I just can't. Why do I do it? Does it mean I'm a bad person?

I think that gossiping has nothing to do with being good or bad. We all gossip at times. For most of us, talking about each other is more interesting than talking about almost anything else. But compulsive, chronic gossiping usually involves an attempt to fulfill subconscious needs.

Some people lack deep involvements with others, and gossiping for them is a way of alleviating loneliness. Others gossip to mitigate the boredom that comes from lack of development and failure to use inner resources. Many people talk excessively about others as a way of expelling repressed anger. They may be angry at the person they're gossiping about, or they may really be angry at someone else.

Most compulsive gossips do it to entertain their friends—so they'll be better liked and admired. Of course, this indicates feelings of poor self-worth and insecurity. Other people use gossip to make themselves feel good by making someone else look bad, and thus dilute their own insecurity. Gossiping is often a symptom of a deeper problem, and psychotherapy may be necessary before the compulsive activity can be stopped.

Our son is only 11, but for years now he has said that he wants to be a doctor. He is very bright, excellent in school and very interested in all things biological. Should we encourage him in this area? Or should we divert him to other career possibilities?

There is a vast difference between compassionate encouragement and coercive prodding. The first involves supporting the development of a child's interests. The second is exploitation of the child in order to feed one's own pride, or to live vicariously through the child.

Interests in difficult fields do occur very early in some people and deserve parental support and encouragement. But openness to other career possibilities should be sustained. It is also a good idea to expose a young child with special interests to other areas of living—friends, games, music, art, etc. This should be done, however, without "programming" the child with so many activities—music lessons, dancing lessons, religious instruction, etc.—that he or she has little time or energy left for individual creative pursuits.

My family doctor advised me to see a psychoanalyst. I am a very anxious person and a chronic worrier, and I do think I could use some help. But I don't want to upset everything in my life by opening up a Pandora's box. Am I wrong to feel this way?

The "everything" you don't want to upset probably involves a number of issues that are already upsetting you without your even realizing it—hence your chronic worrying and anxiety. Psychotherapy does involve reevaluation, and some rearrangements in your life may be necessary to make you happier and more comfortable. We are all afraid to enter unfamiliar territory. But some of our most familiar ways and patterns are highly destructive to our well-being and, in fact, need to be upset so we can save ourselves. The qualified analyst has no interest in causing upset for its own sake—or in changing anything in you that has constructive possibilities. Psychiatric treatment does involve revealing and resolving deep-seated problems, but the process almost always results in finding assets and resources in ourselves that we didn't know existed or that were muted and quiescent for too long.

Why do I sometimes get an overwhelming desire to eat something sweet? Many of my friends in our weight reduction group get the same urge. I can't believe that it's due only to sudden sugar depletion in the blood.

I think you're right. Food has enormous symbolic significance, especially to those of us who are overeaters. And often a particular kind of food has special meaning. An excessive love of "sweets" is often a holdover from childhood experiences of being frequently rewarded with candy or cookies. A yearning for sweets sometimes occurs when we feel a need for mothering or for some other form of emotional "sweetness" in our lives.

End

Dr. Rubin is a well-known psychoanalyst who practices in New York. He is also the author of "Alive and Fat and Thinning in America" (Coward, McCann & Geoghegan, Inc.). If you have questions you would like Dr. Rubin to answer in his column, please address them to him in care of Ladies' Home Journal, 641 Lexington Ave., New York, N.Y. 10022. We regret that only letters selected for use in the column can be answered.

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Your Family's Health

David R. Zimmerman

Nearly four million American women suffer the pain of rheumatoid arthritis. What can the exciting new drug penicillamine do to relieve it? Here are the full facts.

There is important news for America's five million rheumatoid arthritis (RA) sufferers, three-quarters of whom are women: It is about a powerful, soon-to-be-approved new drug for RA called penicillamine.

Like most powerful medicine, penicillamine is a two-edged sword. The good news is that it often provides good-to-excellent relief, and actually can suppress the underlying disease process in RA, which is one of the most common, most painful and most crippling forms of arthritis. Now, the bad news: penicillamine is a toxic, occasionally deadly drug.

Many RA victims cannot tolerate its side effects. Those who at first seem able to, experts warn, need to cooperate closely with a careful, skillful and patient physician so that some deceptively simple—but very effective—safeguards can be sustained without fail.

Penicillamine's most common side effects are taste abnormalities: patients who take it say food tastes like cotton wool or blotter paper; sweets, in particular, can become repulsive. Users may suffer gastrointestinal distress, and report painful sores in the mouth. Rashes and kidney dysfunction also are common.

The most lethal of penicillamine's side effects, which recently killed a 60-year-old South Carolina RA patient after six weeks of treatment, is a blood disorder called aplastic anemia, in which the body loses its ability to fabricate new blood cells. Other blood disorders also occur in patients using the drug.

As a result of these complications, one third to one half of all penicillamine patients must be taken off the drug, many of them before any benefit is discerned. As with gold salts—the only other drug approved by the Food and Drug Administration that will halt or reverse RA's progress, as distinct from temporarily relieving its pain—penicillamine may require three to six months of use before relief is felt.

The benefit for persons who can tolerate it is quite dramatic. New York City rheumatologist (arthritis specialist) Israeli A. Jaffe, M.D., of New York Medical College, first discovered its ability to unloose rheumatically-crippled joints back in the early 1960's. He since has gambled a major part of his research career to prove its efficacy and to develop its safety. Today, says Dr. Jaffe, between 70 and 75 percent of those patients who can use penicillamine—these figures are based on careful clinical studies in the U.S. and England—experience "good to excellent" arthritis relief: "There is less pain, less stiffness, less fatigue—all of the factors of a natural remission."

Morning stiffness in the hands, wrists, knees, hips and other afflicted joints, which discourages many RA sufferers, often is the first disability that penicillamine relieves, according to Dr. Jaffe. He quotes one woman patient as saying: "I can button my blouse now at nine-thirty A.M. It used to be that I couldn't do that until eleven, because of the stiffness in my fingers!"

English rheumatologist Hilary F. Hill, F.R.C.P., of Oxford, reports that the drug is beneficial even in some very severe RA cases, and in some very severe complications of the disease, including an agonizing, gangrenous, often lethal form called vasculitis.

Adds Dr. Hill, in summing up her clinical experience with hundreds of RA patients: "Only clinicians who have worked with penicillamine can appreciate the measure of improvement and general sense of well-being which [these] patients enjoy."

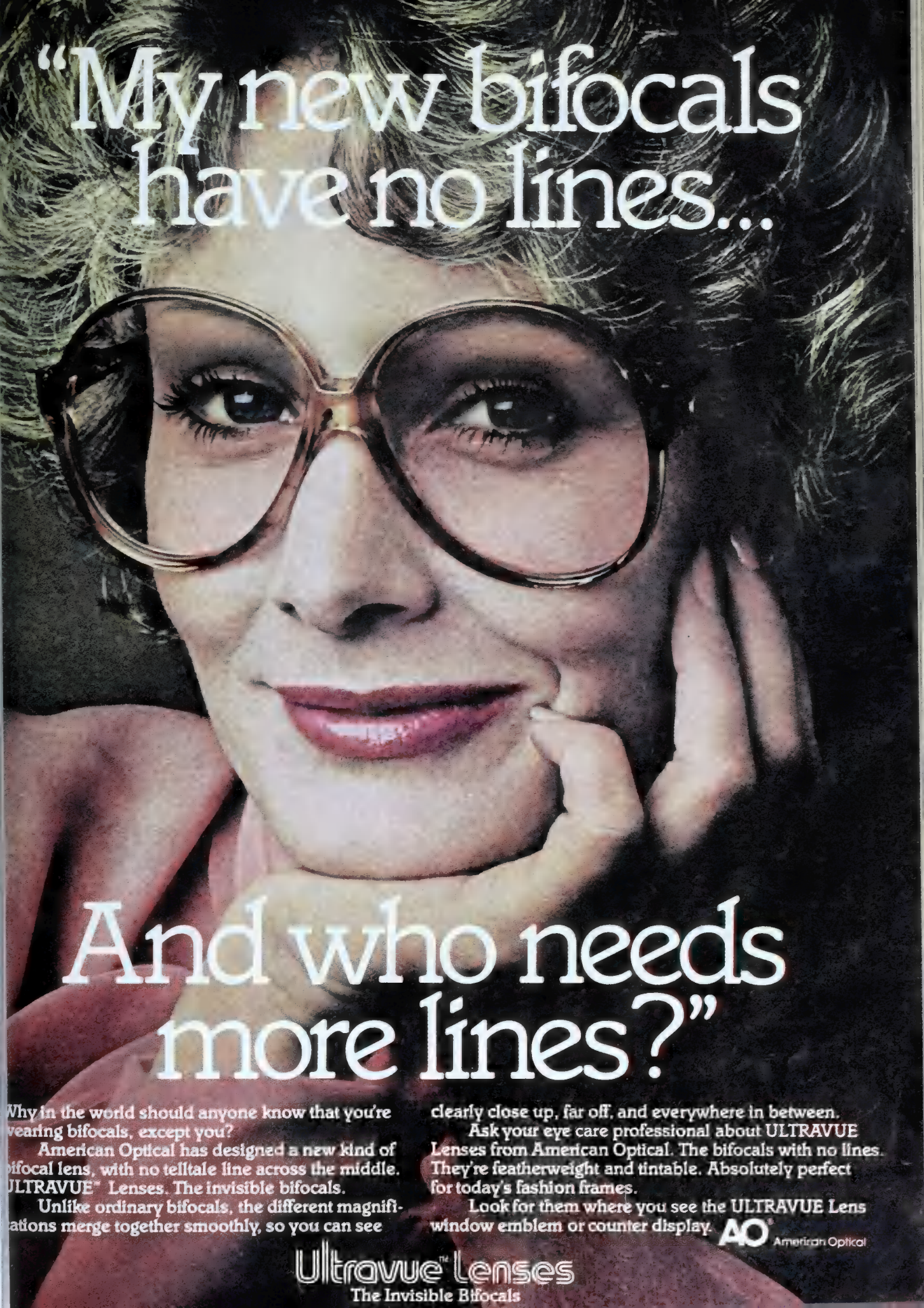
Dr. Hill, Dr. Jaffe and a half dozen other arthritis experts with whom we talked stress, however: penicillamine is not a cure. It helps only three-quarters of those who are able to take it. It is not a panacea. It does not relieve any form of arthritis except RA.

A pressing question is: Which RA patient should receive it? All of our sources agree that the roughly 70 percent of arthritis patients whose disease is *not* getting relentlessly worse, and who can be made comfortable and functional with aspirin and other symptom-relieving anti-inflammation drugs, should *not* get penicillamine. Rather, it is for the remaining 30 percent, who have unrelenting RA, that the two potent (and dangerous) anti-rheumatics—gold salts and penicillamine—are needed.

Given penicillamine's great potential benefit and risk, rheumatologists worry about how well it will be used. Some would like to see it administered only by specialists like themselves. Dr. Jaffe thinks, however, that any careful internist, orthopedist or GP can give the drug—provided he is willing to spend the exceptional time needed to monitor its use.

The responsibility must be shared by patients, he says. Patients faithfully must visit their doctor's office, clinic or clinical laboratory every two weeks at first or, later, once a month—to leave blood and urine specimens for analysis. Their doctors must read—and must not overlook—the resultant lab reports. That way, they can immediately stop the drug or reduce the dosage when there is a hint of danger.

Penicillamine is a RA landmark, says Dr. Jaffe. As it becomes widely used—and if it is not abused—he and other rheumatologists almost certainly will be able to increase its safety, and perhaps its efficacy, too. **End**



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What's Happening

Gene Shalit

Multi-talented Shirley MacLaine and Gene Shalit talk about women's roles—in the movies and in real life. Plus an Academy Award postscript.



When it comes to keeping busy, Shirley MacLaine does not kid around. She sings, she dances, she acts, she laughs, she writes, she talks, she *cares*. It has all resulted in a nightclub act that she'll perform this summer, in two books, in more than 36 movies, and in five Academy Award nominations. It was her performance in *The Turning Point* that won her the most recent nomination, and when we spoke together in New York not long ago, she told me that it was her favorite film.

GS: *What pleases you so much about* The Turning Point?

SM: It has good parts for women. Women finally came back last year and did something mature and meaningful.

GS: *Still*, Julia *and* The Turning Point *were largely about women-to-women relationships, sort of a female* Butch Cassidy and the Sundance Kid. *Does Hollywood have trouble with love stories?*

SM: I think maybe they don't know what to do with the third act. Let's think up a story. Let's say two combustible characters meet. In the old days, a man and woman (say, Tracy and Hepburn) met and fell in love and had a wonderful affair, they would decide to tie it up with a blue ribbon and she would give up whatever she was doing and fall into the arms of the hero in the third act and they would have a picket fence and a Chevrolet and they'd live happily ever after. But life isn't like that now. It's the age of liberation, supposedly. Men and women want a life that has flexibility and breathing room. How do you carry on a really good love relationship with someone and give each other freedom without the jealousy, without the possessiveness, without the feeling of having to tie the other one down in order to be secure yourself? That's the problem.

GS: *In* The Turning Point, *you play a woman who gives up a flourishing career to marry, move to Oklahoma City and raise children.*

SM: Some story, isn't it? It's not something I would do. But remember, it was twenty years ago and she was pregnant. You couldn't get an abortion very easily back then. I think that women twenty years ago felt (as *I* felt then), that there were only certain choices you could make. That's why *The Turning Point* rings true. What we were exploring in that movie was a woman who really made the right decision but who was constantly questioning what else she could have done—what else she could have become.

GS: *Have you ever regretted your choices?*

SM: Not really, but I think I could have had more fun.

GS: *Define fun.*

SM: The concentration on something other than myself. When you laugh, a good, hard belly laugh, you have completely forgotten about yourself. You can't have fun if you're self-conscious. And fun isn't exclusively laughing, I don't mean *that*. There is nothing more satisfying for me than to have a good thought that I really zero in on. At the end of that thought, however it runs its course, I'm more relaxed because I've taken my mind out of any self-conscious feeling and projected it onto something else.

GS: *You've had an unconventional life. Your husband has lived in Japan for many years.*

SM: Do you really think that's unconventional? From the letters I get, more and more people are doing it. With the kind of freedom in marriage that gives you that breathing room, I've had one of the longest running marriages in Hollywood.

GS: *Do you consider yourself a rebel?*

SM: I don't know, I sort of consider myself me. Whatever I feel like doing, I do, but I don't do anything for the sake of rebelling. When I began to act I began to travel, and when I found I could get on an airplane and pay for my own ticket I felt very privileged. I looked around the world and saw what was going on and I became involved. It was inevitable. When you see so much happening you do rebel against conditioned attitudes. I think that's what happened to me. But as soon as you come home you say, "Hey, wait a minute, why do we feel this, is that point of view the only one to accept and embrace?"

GS: *You speak with* *(continued on page 34)*

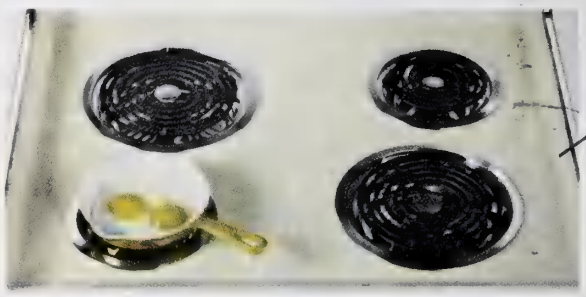

LIPS AND NAILS CIRCA 1978
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Crème
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YOU CAN COUNT ON GENERAL ELECTRIC FOR GREAT IDEAS IN COOKING.

THE GENERAL ELECTRIC MICROWAVE COOKING CENTER.

At General Electric, we know what makes America cook, as you can see from all the cooking versatility we've built into one superb appliance.

The Microwave Cooking Center combines the speed and convenience of microwaving with the traditional benefits of conventional cooking. Both ovens have a see-through window door and interior light. And the Cooking Center is designed to fit comfortably into your current kitchen space.



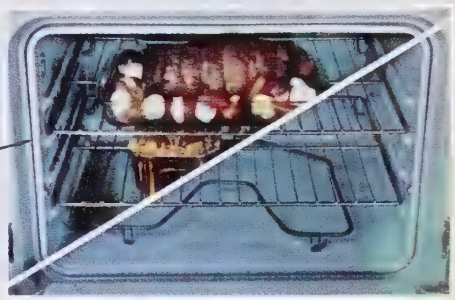
The surface units are engineered to give you an infinite choice of heat settings. The cooktop is available with either the Calrod® units shown or a smooth, ceramic glass cooking surface. And the controls are conveniently placed at eye level in the panel next to the upper oven.





The upper microwave oven features the General Electric Micro-Thermometer™ control. Just insert it into meats, soups, sauces, and many other foods, and set the desired temperature. Then sit back and expect to enjoy the goodness of meals cooked just the way you want them. The oven even shuts off automatically when foods are cooked to your selected temperature. It also has digital time control and gives you the cooking flexibility of multiple power levels.

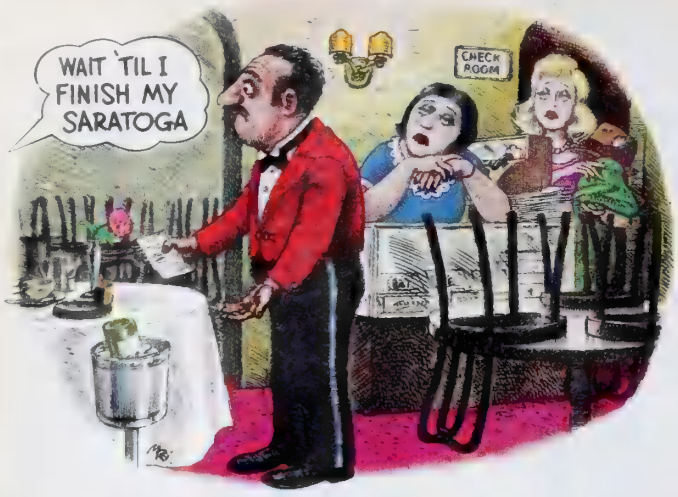




The conventional oven not only gives you the convenience of General Electric's P-7® self-cleaning system, but an automatic oven timer. There are also settings for bake, time bake, broil and clean, in addition to temperature control.

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GENERAL ELECTRIC



Enjoy smoking longer without smoking more.

Rich, full-flavored Saratoga 120's give you extra smoking time and extra smoking pleasure. And they cost no more than 100's.



Saratoga 120's

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Regular: 16 mg "tar," 1.0 mg nicotine—Menthol: 15 mg "tar," 1.0 mg nicotine av. per cigarette, FTC Report Aug.'77

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

What's Happening

continued from page 30

such a lot of self-assurance and confidence. Do you ever f insecure?

SM: I'm not completely self-confident. There's always t grain of "I want to be loved," of wanting to do as well as y possibly can. And if your standards are very high, then y never fulfill them. It's a continuous search for your own ide ty. I've been thinking a lot about that lately and I have a fe ing that the purpose of life is to figure out your identity

Oscar postscript

The Academy Awards program was one of the most b league network productions ever inflicted on a suspect public. Now for the good news. Woody Allen had the sor night that for anyone else would have been the stuff t dreams are spun on. His movie *Annie Hall* won the Oscar the best picture; he won two Oscars himself (best director a with Marshall Brickman, best writer), and his gal-pal Di Keaton won the best actress award for *being* Annie Hall. Woody made less than nothing of it. While the tux-and-bu set glistered to the Coast for the annual Hollycast, Woody tootling his clarinet with his Dixieland friends in Micha Pub, a palmy spa in Manhattan where he plays every Mon night. Just before midnight he escaped the crowd throug back door. He spoke for the record to only one reporter. T is what he told me with a straight face (but a grin in his voi "I would never go to an affair where I have to rent a tux for the evening. It's not my style. I've been playing here six years every Monday night and you couldn't expect me to show up. You know, if it was a special occasion or so thing I might do it . . . I'm just gonna play and go home go to sleep and if I spot somebody attractive in the audie or something, maybe get lucky, but you know I'm not re interested in an inanimate statue of a little bald man. I something with long blond curls."

THE MOVIE SCENE

Infectious laughter

If you want a respite from heavy films, lean back and la with *House Calls*, a funny medical movie about a philande physician played by Walter Matthau; a senile old doctor Carney) who is the chief of the staff of what might be scribed as Malpractice General Hospital; and a woman wants Matthau to set aside those nubile nursies, settle for and settle *down*—that's Glenda Jackson. If you're sick of pitals where they wake you at 5 A.M. to take a sleeping you'll laugh yourself silly at some of the astringent gags. T are three plots swinging along here: 1) Will Matthau n love to every nurse in this hospital or select Glenda Jackso his constant companion? 2) Will the hospital staff re-elect Carney as the chief and let Carney's carnage obliterate the tients? 3) Will Matthau be able to sweet-talk the widow deceased patient out of a malpractice suit that could wipe the hospital? But the plots are merely the *frame* of this What makes this light comedy so enjoyable is the perform by Matthau, and Carney is a joy. It is appropriate that wild but right-on-target humor gives *House Calls* an in able case of infectious laughter.

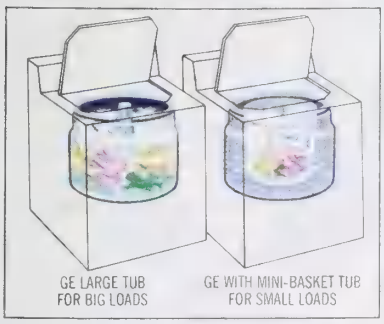
For children and adults

Walter Matthau has two good movies out at the same t and after you've been laughing at *House Calls* you'll welc *Casey's Shadow*, especially since it's a first-rate film to your youngsters to see with you, because this new age n is stirring. In *Casey's Shadow* (it's the name of a ho Matthau is appealing as a rambling, gambling, hole-in- sole horse trainer in rural Louisiana. He is raising his t motherless sons, training other people's horses, and kee a squinty eye out for that improbable *(continued on page*

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Use it for baby clothes or your lingerie. It's the way to do small loads you care about. The Mini-Basket Tub: it's a clean savings from General Electric.

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GENERAL ELECTRIC



A PERSONAL DECISION

We live in a time when women are given new and difficult options. Here, a short story about a woman who made her own choice from her own need.
By Merrill Joan Gerber.

She began to look at babies everywhere she went. The tiniest ones, which she usually saw sleeping in plastic seats wedged into supermarket carts while their mothers wheeled them among the grocery shelves, often looked like old men with little, wizened faces. Had Heather looked like this? She remembered only the toddler years now: Heather, at two, radiant and cute. Not like these pink blobs.

Today, as Beth maneuvered her cart into place behind such a creature, this one perhaps five months old, she felt again the unproductive cramping low in her abdomen, the false alarm she'd been experiencing for the last two weeks. She stood still, waiting to see if the tugging ache would fade or increase in intensity. She would gladly endure the world's worst cramps if only her uterus would cease this hide and seek, tyrannizing her and trifling with her sanity. As she waited at attention, the pain once again faded and disappeared.

She watched while the young woman ahead of her in line dug out of the depths of her cart two cartons of disposable diapers, a dozen jars of baby food, rice cereal, evaporated milk, the odds and ends of diaper pins, new nipples, bottle brushes, rash ointment.

Beth glanced into her own cart. By contrast, it was clear that her household contained only members who had full sets of teeth. Her single concession to juvenile products were the animal crackers that Heather liked to pack in her school lunch each night, which she made up in advance to take with her the next morning.

The baby in its seat clutched a silky, fluffy comforter in its translucent fingers, and kept its eyes firmly on Beth. It was bald, there was no way to tell its sex. It did not even blink. Beth stared back at it coldly. It was undoubtedly reading her mind and giving her its unconscious hostility. Then, turning away, Beth efficiently loaded her purchases on the revolving counter while the mother ahead of her wrote out a check for her wagonload of supplies.

As Beth took her checkbook from her purse, her pen slid out of it and dropped to the floor. As she knelt to pick the pen up, she felt a sharp tug at her scalp. It was the baby reaching its fingers into her hair. She put her hand up to untangle herself from the child, and as she raised herself up, she found herself holding the soft, tiny fingers. She replaced them quickly on the white quilt, and wiped her hand off on her skirt. She frowned at the baby. The baby's mouth quivered, then spread into a wide smile.

"Oh, God," Beth thought, "it knows I'm trying to make up my mind."

Heather was already home from school, practicing her piano lesson in the living room. On the kitchen counter was a box of manuscript from the Boston publisher for whom Beth did free-lance editing. She opened the package, but was too distracted to do more than glance at its contents. As she unpacked her groceries, bending to stack the canned goods under the sink, her breasts swung heavily and painfully forward. She cupped them momentarily in her hands. They had not been so taut and tender since she had nursed Heather nine years ago. But then again, they were usually somewhat tender just before a period. It could go either way, there were no hints. She went into the bathroom and checked, feeling a fool for what was *(continued on page 40)*

Which Cheeseburger is slimmer?



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So keep that chef's salad in shape. Trim down those grilled cheese sandwiches.

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Delicious taste with ½ the calories.

Average cheeseburger made with one slice (3/4 oz.) of regular American cheese contains 330 calories. The identical cheeseburger made with Lite-line™ contains 290 calories. (Based on 2.3 oz. 21% fat content beef and 1/2 bun.)



A PERSONAL DECISION

continued from page 36

an act of wishing. If it were there, s
know, after 17 years of menstruating

It could be nothing else but a p
nancy. Her cycles had been as tru
the moon they were named after.
the last five years she'd usually been
to guess accurately, within hours, the
pearance of the expected menses. N
it was 13—no, 14 days overdue. T
sensations—except for the erratic cra
ing—had occurred only once bef
when she had conceived Heather. It
a surprise then, also—though not ca
by carelessness, just by the failure
man-made device that was only g
anteed to be 97 percent effective. Na
was too canny ever to allow 100 per
guarantees, at least not without a ca
The Pill, which she had tried for a
after Heather's birth, had caused he
have high blood pressure—it was too
rious a catch to risk.

But, ten years ago, pregnancy w
surprise she had been prepared to
joyous about. Sooner or later she
Erwin would have come to it—so
not sooner? For all of her pregnant d
she embraced her belly and smiled.
fruit of her happy experience, a
sufficient, intelligent, capable child,
played a Haydn sonata on the piano.

Each day when Heather left
school, Beth waved her off casu
never letting her suspect the fervent
sire for her child's continuing surv
which always lived in her mother's m
Beth felt it was not neurotic to cons
realistically the odds of her daugh
making it safely home each day, ta
into account the germs, maniacs, ac
God, failures of machinery and hu
judgment to which all living per
were vulnerable. Thus, when Beth
rived home, as she had today, to hea
piano clinking out its reassuring m
her relief was not casual. She only l
appear so. All was well, her family
alive and well.

So what was this idea she felt clav
at her mind? Was it not true that, al
all, she wanted her child to *live*?
now, a living being who could, in a
months, also be her child she was
sidering dismissal of, by operation.

"Oh, come now," she said aloud.
us not be melodramatic about this."

"What, Mommy?" Heather ca
from the next room.

"Just talking to myself," Beth said

"It's borderline," the new, yo
doctor told her cheerfully, peeling
his rubber gloves. "You just can't tell
early. Another couple of weeks an
will be easier."

"Couple of weeks?" *(contin*


IF YOU PAID AS MUCH ATTENTION TO BUYING HIS UNDERWEAR AS YOU DO TO BUYING YOURS, THE BRAND YOU'D ALWAYS BUY HIM WOULD BE JOCKEY®
When you buy your own underwear, you look for quality, comfort, and style; and you know that the lowest price isn't always a bargain.
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A PERSONAL DECISION

continued

"Well, that's the most certain wa Just the same, we'll run your urin through. But that's not one hundred pe cent. If it reads negative, it could simp mean there isn't a readable concentr tion of hormones yet. It can't wo sooner than 42 days, and you're, let's s here, only 43."

"It feels like 43 years."

"Mrs. Rogers," the doctor said. "Lo at it this way. You have one healt child, right? You've been careful abo birth control, your plans don't inclu this possible development, as I unde stand it. Things happen. You seem to l anxious and disturbed. If you feel th strongly, you can un-happen the There's no real hassle. You go into t hospital in the morning, you're home l afternoon. Nobody's forcing you in any position. Not today, not anymore

"But . . ."

"But what? You're living in tim where you don't have to feel terrib guilt, or go up some dark alley to hav yourself butchered."

"But we can afford a baby," she sa irrelevantly.

"I can afford two dozen," the doct said. "So what does that prove?"

"You don't think I'm too old?"

"If it would make you feel better," h said, "you're just over thirty. It's not t absolutely ideal age for childbearing."

"But the baby would probably l normal?"

"Probably," he said. "The percentag are with you."

"I don't know what to do," she said.

"Don't count your chickens," he sai "It's only two weeks late, it could l anything. Late ovulation, a little ovaria cyst, a big build-up of estrogen, whic might be why your breasts are so tende Why don't you relax? Whichever it i you have nothing to feel that muc anxiety about. You brought a mornin urine, right? Leave it with Valerie, she send it up to the lab."

On her way out, Beth gave the co tainer to the nurse. "Tell me, Valerie she said. "Do these ever come bac negative? Please tell me the truth."

"Well . . ." the nurse said, "to tell th truth . . . not so often."

"All right," she said to Erwin th night, after Heather was in bed. "I reall don't think it can be anything else. To much time has passed. I think we hav to face it. Tell me frankly—what are yo feelings about another baby?"

"The true truth," Erwin said, "is th another baby now is not part of m plans." *(continued*

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And the compact Cutter Stick slips easily into pocket, purse, everywhere. For convenient, on-the-spot protection anywhere.

For your family, for yourself, get the Cutter Stick today.



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A PERSONAL DECISION

continued

"It's not part of my plans either," she id belligerently.

"*But*," he said firmly, "we *can* be xible if we have to."

"How can we be flexible?" she said, gging him after her into the kitchen. ook at that breakfast nook," she said. he table is a triangle, right?"

"Well, yes," he said. "When I built it, e decided on a triangle shape, don't u remember?"

"And how many sides has a triangle, win?"

"Three."

"And how many are in our family?"

"Three."

"There," she said. "This whole thing impossible. We don't even have a din- room in this house. Another person ing here would have nowhere to *eat*."

"I could build another table," Erwin id. "Four sided. *Five* sided. We could t a fold-out dining table in the living om."

"I don't want everything messed up," th whispered. "Don't you under- nd? I like us the way we are. Heath- 's happy and loved. We're all happy d loved."

"There are alternatives," Erwin said.

"I don't *like* them," Beth said. "I don't want to face a whole new revolution in my life."

"You have to face reality," Erwin said. "And if you *have* to make a decision, you have to face the fact that you have to make one."

"And what about you?" she said. "Isn't it your decision, too?"

"Not really," Erwin said. "That is, I told you what I think, but if you decide differently, I would be willing to view this as an opportunity instead of a tragedy. Just something that happened. Babies have been coming along unexpectedly for years and years. People have been adjusting to them for centuries, and coming to love them very much. Who knows, he . . . I mean he or she . . . could be fun."

"You wouldn't think it was fun when the night-time feedings start," she said.

"I think we'd adapt," Erwin said. "Wouldn't we?"

"Why are you making this so hard for me?" Beth said. "Why can't you just say 'It's absolutely impossible. It's either it or me.' "

"Is that what you want me to say?"

"Of course not, but why does it have to be *my* decision?"

"Because you are the woman and you have to bear the baby, Beth. And the way we have our lives arranged right now, the caring for it would be mostly yours, too."

"If only I had a real job," she said desperately. "You know, the all-demanding big career. Then I could be selfish, and convince myself that a baby would spoil all my plans. But the truth is, I could just as easily do my editing with a baby here as without one."

"I can help you think of reasons," Erwin said. "Just tell me which side you want them on."

"That's not fair," Beth said. "I can't help it if I feel torn."

"We wouldn't be able to travel," Erwin said. "A baby would tie us down for the next seven or eight years. And we'd really have to pinch on the budget."

"I don't care that much about traveling," Beth said. "And you said you'd be up for a raise soon."

"All right—then, maybe a baby would be good for Heather. You worry about her being an only child."

"I don't worry anymore. She's doing just fine."

"We're not getting anywhere, Beth," he said. He came up behind her and put his arms around her. She shook him off.

"Quit it," she said. "How do you think this got started, anyway? I hate you, for never having to have babies, or worry about having them."

"Why don't we go to bed?" Erwin

(continued on page 170)

Spending Your Money

Sylvia Porter

Good Social Security news for divorced women. Mortgage tips for house-buyers —and hints for house-sellers. Plus the truth about "wife insurance" . . . and how not to get gypped by vocational schools.

My husband and I both intend to continue working even though we have two young children. Is it just as important for me to take out a life insurance policy on my life as it is for my husband to have one on his?
Yes! You are a perfect illustration of a woman who should have what is popularly called "wife insurance"—which means precisely that: life insurance on a wife. Since you both contribute to the family income, life insurance for you is just as important to your family's well-being as life insurance for your husband. And life insurance is vital for non-working women, too, because, should they die prematurely, it would help their husbands replace their wives' contributions in the form of housekeeping, cooking, cleaning, etc.

I was divorced from my husband after 12 years of marriage and, although I am now 62, have been ineligible for any of his retirement benefits. Now I hear that I am eligible under the latest Social Security law! Is this so?
Yes, beginning with benefits payable for January, 1979, divorced wives and surviving divorced wives at least 62 years old will be entitled to Social Security benefits after a marriage of only ten years.
Under the previous, shockingly unjust law, only a woman whose marriage had lasted 20 years—and who was at least 62 years old—was eligible for benefits when her ex-husband started to collect retirement or disability benefits. It's disgraceful that you must wait until January, 1979. But at least this one cruel inequity against women finally has been wiped out of the law. And let's keep fighting until we've eliminated them all!

We're buying a house and have been advised to take out a much bigger mortgage than we need, in order to take advantage of inflation and the declining value of the dollar we'll have to pay back. Does this make sense?
If you accept the standard forecast of an annual inflation rate of 6 percent a year, piled on year after year for a long period of time, then it does make sense. You'll be able to deduct your mortgage interest and real estate taxes from your Federal income tax. Let's assume your paycheck keeps pace with the inflation rate. In only 12 years, your mortgage dollar would take only half as large a share of your income as it does today. (Personally, however, I'm not resigned to the standard forecast of 6 percent a year inflation indefinitely. This decision must be yours.)

I want to make a gift to my new grandson of some stock I own. I know I can do this under my state's Gifts-to-Minors Act, but how do I handle the gift so I don't entangle myself in unnecessary estate tax traps?
Do *not* name yourself as custodian of the stock when you make the gift. Name some other person you trust as custodian; this will be accepted as proof that you mean this to be a valid gift under the law, and will avoid messy tax problems. It would be worthwhile to get your lawyer's advice to be sure the stock you give is not included in your estate.

Isn't all beef required to be graded for quality by the U.S. Department of Agriculture? It seems to me that my local market does its own grading and sells the beef under its own labels.
All beef does *not* have to be graded by the USDA. Many stores also merchandise beef under their own names, as your local market does. Your own experience, the store's reputation for good beef and your own eyes are your best guides. Of beef that is graded by the USDA, about 85 percent is "choice," meaning it usually is taken from young, grain-fed animals. This is the grade most consumers prefer. USDA "good" beef is less juicy than choice, because it has less fat. It is preferred by those of us who want lean meat and it is of an acceptable quality. USDA "prime" is the highest beef grade and has the most fat of all.

We'll be traveling by plane on our vacation this summer. How should we handle fragile or semi-fragile items we take with us or collect along the way? We don't want to have them destroyed by rough treatment and risk not getting any replacement or payment.
Most airlines now have policies that relieve them of liability for damage to fragile or perishable items that you pack in your luggage and check through to your destination. So when you fly, carry these items in your hand luggage. If that's too much for you, check the items through in their original factory cartons or in a shipping container. Your airline should give you appropriate advice and help.

We must sell our house this summer. We don't want to spend a lot to make it more attractive, so do you have any house-selling tips that won't cost us much? *(continued on page 161)*

"My doctor says caffein bothers me, but I just don't like the taste of decaffeinated coffee."

"Charlie, you'll like new SANKA® Brand. It has more real coffee aroma and taste than ever."



NEW SANKA®, WITH MORE REAL COFFEE AROMA AND TASTE.

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THE INTIMATE HOURS

How can you ever communicate your innermost needs and desires when you're not even aware of them yourself? Designed especially for loving couples to take together, this unique marriage program can reveal things you never knew–about your mate and about yourself.

By Dr. Robert F. Kaufmann

As minister and marriage counselor, it has long been my belief that if couples don't talk enough, don't have some knowledge of the other's deepest thoughts and feelings, a marriage—even a good one—can deteriorate. To help prevent this from happening, I created—over a ten-year period—the Intimate Hours Program. This program was developed so that husbands and wives would be able to improve their enjoyment of marriage on their own.

My feeling is that sex is not necessarily the key element in a marriage—not when the sexual relationship is satisfactory to both partners. It becomes critically important only when it's not good, when one or the other of the partners is dissatisfied. Nevertheless, there is no question in my mind that better sex leads to better marriage.

Before I worked on the program, it had become obvious to me that counselors were being called upon far too late to be of much help in salvaging a troubled marriage. The therapist might have been of more help earlier, before the conflict had become so great, before the gap that divided the couple had become so wide. But many people are unwilling to admit they are not able to work things out by themselves, or that their relationship needs help.

It seemed important to me to have a program in which husbands and wives could be their own marriage counselors, could enhance their marriage themselves.

Sexual acts that provide pleasure and fulfillment for one person are not necessarily satisfying for another. What is needed is more communication between two people about their likes and dislikes. For no matter how much one partner may desire a particular activity, there will be no joy in it if his or her mate does not share the enthusiasm.

It is not uncommon for one lover to attempt something new, something for which the other partner may not, at the moment, be emotionally or physically ready. The unprepared partner (who is likely to be the woman) may react negatively—and without saying a word. The man, being sensitive, accepts what he perceives to be a rejection. Again, because he is a sensitive lover, he does not discuss it, but decides never to make this particular sexual approach again. He does not realize that maybe, if approached at another time, she might be willing; maybe she was feeling too self-conscious to try a new experience. In any case, the seeds of noncommunication have been sown.

Be your own marriage counselor

The Intimate Hours Program helps to enlighten couples about likes and dislikes they may not even have been aware of—and does so without threatening a relationship. One of the more fascinating aspects is that husbands and wives can discover not only the extent of the mate's preferences, but also make exciting discoveries about themselves.

It is absolutely the rarest of marriages in which separation or divorce is not considered seriously at one time or another. In years past, most marriages survived these crises. Today, many do not. There is a good possibility that a number of couples who are now divorced would be much better off if they had stayed married. Just as there are unsound reasons for marriage, there are unsound reasons for divorce. Conversations about divorce are risk-free if they occur at a time when couples are enjoying each other and the marriage. Early and frequent discussion allows couples to sort out their thoughts and protect their relationship.

Here is how the Intimate Hours Program works. First of all, there are no right or wrong answers to the 50 questions on the next two pages —no high or low scores. And couples who answer the questions must feel assured of complete privacy—no one but the two people directly involved are supposed to see the answers. Try to be alone—just the two of you. If possible, let the children sleep over at a friend's; or if that can't be arranged, make sure they're tucked in bed for the night. Turn off the telephone or take it off the hook. In a private setting, a man and woman can focus completely on each other.

You and your husband should sit down together to complete the questions. Either write your answers on the program itself, or just talk about your responses—whichever is easier and more enjoyable. It is important that you try to go through the entire program once, without interruption, instead of dealing with only a few questions at a time. Don't stop for lengthy discussion about any single question the first time around. Mark the questions that are especially interesting to either of you, then go back and talk about them. And you need not be limited by the possible answers listed: they are there for convenience only. Add any answers you wish. You may also find that one question suggests other questions to you; that's fine, too—be sure you and your mate discuss those as well.

Remember, give yourself plenty of time. Providing and receiving pleasure is what the program is all about: These are your Intimate Hours. **Please turn page for The Intimate Hours Program.**

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THE INTIMATE HOURS

Do You Dare to Ask Your Mate These 50 Questions?



1 Does your mate enjoy making love as much as you do?
a) Always b) Often c) Sometimes d) Rarely e) Never

2 Does your mate want to make love as often as you do?
a) Yes b) No c) Don't know

3 The most satisfactory lovemaking occurs when
a) you and your mate reach orgasm simultaneously b) the woman reaches a climax first c) the man reaches climax first d) the woman has an orgasm, but the man does not e) the man reaches a climax, but the woman does not.

4 Do you prefer making love
a) in bright light b) in soft light c) in shadowy light d) in total darkness e) regardless of lighting conditions?

5 If you have a TV set in your bedroom, do you turn it off
a) before beginning any sex play b) after beginning sexual activity c) leave it on during sexual activity?

6 There is something in sex that intrigues you or your mate, but that you have never engaged in.
a) True b) False c) There was, but no longer d) Don't know

7 If you make a purely affectionate move toward your mate, does that quickly arouse his/her desire for sexual intercourse
a) too often b) often c) sometimes d) rarely e) never

8 How much time do you spend with your mate in foreplay?
a) Too much time b) Not enough time c) Enough time.

9 Would you prefer that the entire sex act with your mate took (on the average)
a) less time than it does now b) about the same time it does now c) more time than it does now?

10 It is more important for you/your mate to
a) have one or more orgasm during sex b) be assured that you/your mate is loved during sex c) be assured that you/your mate is loved after sex c) be caressed and fondled after sex.

11 Presuming that your mate has an orgasm before you, is he/she still interested in activity stimulating you to orgasm?
a) Always b) Often c) Sometimes d) Rarely e) Never

12 A woman can sometimes feel used after sex, due to her mate's inattention to her after he has had an orgasm. Have you ever experienced this in your relationship?
a) Always b) Often c) Sometimes d) Rarely e) Never

13 When you do something that pleases your mate sexually, does he/she indicate his/her pleasure?
a) Verbally b) Nonverbally c) Not at all

14 Do you think that once a person has been aroused sexually, he/she
a) always wants or needs an orgasm b) sometimes wants or needs an orgasm c) never needs an orgasm d) probably enjoys sex with or without an orgasm.

15 Do you prefer making love
a) in the morning b) in the afternoon c) in the evening d) at night, after dinner e) late at night f) time does not matter?

16 Do you find your mate sexier when he/she goes to bed
a) completely covered by gown or pajamas b) wearing tops only c) wearing bottoms only d) no difference?

17 Does your mate like to see you naked?
a) Always b) Often c) Sometimes d) Rarely e) Never

18 You most prefer making love with your mate
a) when neither of you has been drinking b) when you have been drinking, but your mate has not c) when your mate has been drinking, but you have not d) when both of you have been drinking.

19 You prefer sex most
a) in your own home b) in a hotel or motel c) in a resort d) in a romantic place?

20 Do you think that, sexually, your mate is
a) too aggressive b) aggressive enough c) passive d) too passive?

21 During intercourse, you and your mate generally use
a) only one favorite position b) only a couple of positions c) several positions d) many different positions.

22 You know just how to arouse your mate sexually, and can do so
a) always b) often c) sometimes d) rarely.

23 What are your mate's three most erogenous zones—those areas of his/her body where contact is most likely to arouse him/her?
a) b) c)

24 Are your mate's erogenous zones the same today as they were when you were first married?
a) Yes, all of them b) Most of them c) Some of them d) One of them e) None of them f) Don't know

25 What kind of literature, photos, films, sounds or aromas stimulate your sexual desires?
a) Romantic stories b) Pornography c) Art or underground films d) Certain kinds of music e) Sexy love stories f) Erotic art g) Incense h) None of the above i) Other

26 Which of the items listed immediately above diminishes your sexual desires?
a) b) c) d) e) f) None of them

27 After an unpleasant discussion or argument with your mate, you

(continued)

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should never go to bed angry and should have sex as a way of making up.
a) Always b) Often c) Sometimes d) Rarely e) Never

28 Deviations from, or experimenting with, any methods of sex other than coital intercourse are
a) perverted b) dirty c) interesting d) stimulating e) essential to marital sexual enjoyment.

29 If the telephone rings while you are engaged in sex with your mate
a) you ignore it b) you answer it c) if it is for you, you answer it briefly and hang up d) if it is for your mate, he/she answers it briefly and hangs up e) you/your mate answer it for whatever length that conversation would normally take.

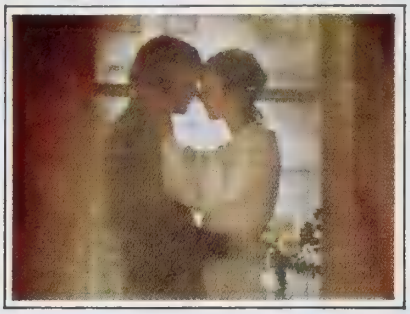
30 It is more important that the wife keep her figure to remain sexually appealing to the husband than it is for the husband to maintain his physique in order to remain sexually appealing to her.
a) Definitely b) Probably c) Possibly d) Definitely not

31 If you found sex with your mate unsatisfactory for a considerable time, would or should you
a) give your mate some sex books to read as a hint b) suggest changes c) become more assertive d) put up with the unsatisfactory sex e) avoid sex on various pretexts whenever you could f) compensate by masturbating g) find more satisfactory sex elsewhere h) tell your mate directly and openly that his/her sexual performance bothers you?

32 When your mate wants to make love, he/she generally approaches you
a) romantically b) seductively c) pleasantly d) in a matter-of-fact manner e) in the same way every time f) demandingly, as if it were your duty to have sex whenever your mate wishes g) saying or doing nothing other than hoping you want sex at the same time he/she does.

33 When you/your mate wants to show your appreciation or love for the other, you attempt a super sexual performance
a) always b) often c) sometimes d) rarely e) never?

34 Do you or does your mate withhold sex to get even for some real



or imagined wrong?
a) Always b) Often c) Sometimes d) Rarely e) Never

35 How do you avoid your mate's sexual advances when you are not in the mood?
a) Claim headache or other physical illness b) Distract him/her with another conversation c) drink alcohol d) Go out e) Go to sleep f) Complain about money g) Show anger h) Bring up children's problems i) Watch TV j) Read k) Other_____.

36 Arguments between you and your mate are generally resolved
a) very quickly b) in fairly short time c) slowly d) only after a very long time e) frequently they are not resolved—just shelved.

37 Are you as conscientious now about your personal grooming habits when you go to bed with your mate as you were when you first went together?
a) Always b) Often c) Sometimes d) Rarely e) Never.

38 When you got married, did you expect there would be periods of time—cycles—when your sexual activity with your mate would be substantially better than at other times and, obviously, times when it would be much worse?
a) Yes b) Yes, but didn't anticipate either the extremes or the duration of the cycles c) No.

39 Does your mate tend to regard sex
a) very seriously b) too seriously c) with a little humor d) with a great deal of humor e) too lightly?

40 Do you think that your sexual fantasies should remain secret and totally private?
a) Always b) Some of them c) No, they should be shared.

41 Sexual fantasies
a) enhance your enjoyment of sex b) diminish your enjoyment of sex c) destroy your enjoyment of sex d) have no effect on your enjoyment of sex.

42 Is there something in sex that your mate once attempted with you that you did not like, rejected or discouraged that you would like to try now?
a) Quite a few things b) A couple of things c) One thing d) Nothing.

43 Is one of you the dominant partner in lovemaking and one the submissive?
a) Always b) Usually c) No.

44 Would you like to reverse these roles on occasion?
a) Yes b) No.

45 Do you prefer that sex with your mate
a) be planned for a particular time, almost like a date b) totally spontaneous?

46 Do you look forward to making love?
a) Regularly b) Sometimes c) No, prefer spontaneous, unplanned sex.

47 Do you tell your mate that you enjoy sex with him/her?
a) Frequently b) Occasionally c) Rarely d) Never.

48 Do you and your mate say "I love you" with what you consider sufficient frequency?
a) Yes b) No.

49 Closely following orgasm, does your mate prefer to
a) Hold you b) Talk c) Turn on TV d) Go to sleep e) Other.

50 Following orgasm, would you prefer that your mate
a) held you b) talked c) turned on TV d) went to sleep e) other? **End**

Robert F. Kaufmann, Ph.D., is minister of the Throop Memorial Church, Unitarian Universalist, in Pasadena, Calif. The Intimate Hours *is adapted from his forthcoming book, "Better Sex, Better Marriage," to be published in June by William Morrow and Company,* *Inc. Copyright © 1978 by Robert F. Kaufmann.*



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Beauty Journal

Jump into June—from how to multiply your time in the sun to flashy disco fun . . .

BLOW AWAY

This month, we're taking another look at mighty handy hair dryers. Born as recently as 1969 for home use, the numbers have spread to 55 million units blowing across the land. Here's an update: • Let your hair be your guide—The people at Gillette suggest anyone with short-fine-thin hair choose a dryer with lighter power, up to 800 watts; medium texture and thickness, up to 1000 watts; thick, long hair, 1000-1200 watts. • Which style for what? One pointer from Con-Air: Inexperienced users should work with a style-dryer (takes only one hand). The more experienced (or handy) can pick a pistol-grip, which requires more dexterity in both hands to style and dry simultaneously. • Best distance. The rule of thumb: less than 6 inches is too close for comfort, more than 12 inches, ineffective. And Clairol hair experts advise, "Keep that blower *moving*." When in doubt of heat, use your fingers as a temperature gauge. If it's too hot your hand, it's too hot for your h • How to store. Most of the pistol g end with a hook. Hang your dryer Don't wrap the cord around the (can cause early breakage). Periodic clean vent with a stiff brush and wipe dryer with damp cloth. • Safety hints: According to the U.S. Consu Product Safety Commission, nearly 1,000 persons w treated last year for injuries. Use your dryer wherever the a mirror and a plug nearby, but hopefully not in the b room. If you do dry your hair in the bathroom, keep it a from water. All dryers are electric—and dangerous (shocks if wet)./Never let a child use one without supe sion./Follow manufacturer's instructions./Never use damaged or fragile hair. Take care at back of neck. E tender skin might redden. • There are new shampoos conditioners to keep blown-dry hair healthy. Investigate.

DISCO FEVER



Q. *I'm usually pretty conservative but want to do something different (yet not gaudy) for special evenings when we go out dancing. Have you any suggestions for me?—M.S., Atlanta, Ga.*

A. We've come across something charming that just might do the trick. Flashy, but not trashy. Called Body Charms—they're five gold-plated symbols (such as a bird, butterfly or star) on a ring. You simply dip the shape into a pot of gold or silver powder, then press it to your moistened skin. Instant decoration anywhere—on your cheek (as illustrated), shoulder, earlobe; even the back of your hand. The glittery dust will catch the light fantastic. Comes with a longer-lasting fixative for those Saturday Night fever-ish evenings. All in a small black satin pouch; found in department stores, $12.

SUN SMART

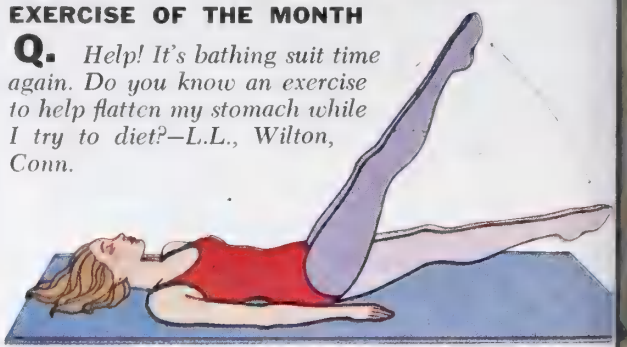
We've spotted a trend that hasn't been talked up—but should be. Makeups with built-in sun protection. Now that everyone's getting savvy about sun damage potential, more and more companies are slipping sunscreens into their everyday beauty products (more on page 96). Smart. Not only can you pretty yourself up at the beach or by the pool—you can also take care whenever you are outdoors. One bit of advice with the sunscreened makeup (cream or liquid): don't forget to cover and smooth on right down your neckline. Read the labels for those reassuring words: "plus a sunscreen." Here are a few examples: Almay—Fresh Color makeup; Bonne Bell—Lip Smackers; Clinique—Continuous Coverage line; Frances Denney—Truly Natural line; Essentia—Protective Moisture Lotion and Creme; Maybelline—Fresh Color 3 Lipstick; Revlon—Ultima II Super Luscious Creme Eyeshadow; and Helena Rubinstein—Skin-Life makeup.

A SHORT STORY

If you call yourself "short but sweet," how short is "sho Well, the national average height for women in the U.S 63.6 inches or approximately 5'3½". If you happen to short (!) of the average, here're a few tips to keep th in scale, in balance, in proportion (key words): • Hair instance. An enormous Afro (natural or permed) will m someone 4'11" look like a lollipop on a stick. A cut lo than the collarbone carries the eye down to the ground. other extreme, a very short cut can make someone look a teenage boy. • Hats are terrific—for pure dash. F medium-sized brims or beret types. Big brims might d the person underneath. • Weight. Extra poundage sh up too quickly. Not good. • Oversize glasses can overwh small features. No clunky earrings or massive necklaces. high spikey heels not only throw the body forward but give the impression of a kid dressed up in mommy's sh

EXERCISE OF THE MONTH

Q. *Help! It's bathing suit time again. Do you know an exercise to help flatten my stomach while I try to diet?—L.L., Wilton, Conn.*



A. Here's a classic that's still one of the best. Lie on back, hands at sides, raise legs together to count of 4, pointing at ceiling (see illustration). Then *slowly* lowe the count of 10, lingering over 8-9-10. Repeat 8 times. Y feel your abdominal muscles getting a workout. Ou shape? Do one leg at a time until ready. Back trouble? palms under buttocks to take off some pressure.



More beauty-in-the-sun news on page

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ARI ONASSIS & ME BY ANTHONY QUINN

His role in "The Greek Tycoon" is a "fable." But behind it lies a compelling personal relationship with Aristotle and Jacqueline Onassis. A never-before-told story.





Little did I realize years ago how two legends of our time would become intertwined with my own life. And that in 1978, in a film called *The Greek Tycoon*, I would play a role on the screen that will inevitably be compared with Aristotle Onassis, just as the part played by my co-star, Jacqueline Bisset (see photos above) will be studied for echoes of Jacqueline Kennedy Onassis.

I met Onassis, "The Golden Greek," many times through the years. Always, I saw him as a man who had painted himself into a circle, a man struggling to get back into some semblance of reality. He had created an unreal world around himself—a world of yachts, possessions, empires, with little room left for the human being. In Greece, I would often see him sitting in little *tavernas*, talking to sailors. He seemed to be saying, "I'd like to get back to my roots, to my kind of people."

Then, in Paris, at Maxim's, the Greek government presented me with an award called the Phoenix—an honor for high achievement that had never been given to a foreigner, but which I received for my role in the movie, *Zorba*.

Ari was there with Maria Callas that night—he still had not married Jackie—and I remember him standing up and saying something very warm and somehow strange. He said of me, "I envy this man Tony Quinn because he has played me. Nobody knows that I am the real Zorba. Tony got to play it, but only because I cannot play it in my own life." We talked later, and we both liked each other.

People whose only claim to fame is money make me very uncomfortable. They always seem to be talking to you from atop their piles of gold. But not Onassis. I felt no patronizing from him. If anything, he seemed to deprecate wealth. To him it was just a game he could play better than anybody. He seemed to have a sense of what money could buy—and, more important, what it could not. Besides, he had one quality that I have always envied. He was a great listener. There are three others on my "Great Listeners" List: John Barrymore, Greta Garbo and Katharine Hepburn; Onassis was the fourth. He had the rare gift of making one's inanities sound important.

The last time I saw Ari Onassis, in late 1974, he had been stricken with the neurological disease that weakened his muscles and made his eyelids drop. In January of the previous year, his only son, Alexander, had died at the age of 24 as the result of a plane crash. It was also the year that a novel called *The Greek* had come out, portraying an Onassis-like character in what I thought was a sensational light.

Producer Harry Saltzman had acquired the rights to the book. Pierre Rey, the author, and I were asked to join him at dinner at Regine's in Paris. Mr. Saltzman spoke at great length about his fabulous wine collection, his acquisition of Technicolor, his painting collection and his great success with the James Bond series—but very little of *The Greek*. For some reason, I felt it was pretty heady stuff for Mr. Saltzman, owning *The Greek*.

Mr. Saltzman and I left each other with the proverbial "We'll be in touch"—which, translated, means, "No deal!"

A few nights later, I received a call from Regine. She wanted me to rush to her nightclub; there was someone there who wanted to see me. It was midnight. I did not feel like getting dressed. "Who wants to see me?" I asked.

"Johnny Meyer and a friend."

With Johnny Meyer, a "friend" can mean anybody from a Howard Hughes to the hottest starlet on the horizon. I had known Meyer from my old Warner Bros. days, when he, Errol Flynn and I used to knock around together. It would be nice to touch base with my youth.

I laughed. "I'll be right down."

When I got to the night club, I found that time had not dimmed the glint in Johnny's eye. After much back slapping and punching at each other's stomachs, he announced that his "friend" wanted to see me. *(continued)*

Photographs by Universal City Studios

OMNI'S TOPS.

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$4135:* (CAR AS SHOWN)
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Dodge

Now, car testers don't worry too much about price. But you have to. So it's nice to know Omni prices start at just $3706:* Which includes such standard items as an AM radio, vinyl body-side moldings, and whitewall radial tires. With a little judicious selection of options and trim packages, you can own an Omni like the one in the picture for just $4135:*

For that kind of money, you get a lot of versatility. First of all, Omni is built for American-sized folks. There are four wide doors for easy entry. There is a great big 10.2-cubic-foot storage compartment when the rear seat is in place. Fold the seat down, and you get a cavernous 35.8-cubic-foot area that'll take on a surprising lot of cargo. Omni is roomier than you might expect.

You can make your Omni roomier yet. More versatile. Order it with an optional factory-installed multipurpose carryall roof rack. With appropriate attachments, it'll handle bikes, skis, baggage, or other cargo up to 150 pounds. After all, the more you carry outside, the more you can carry inside.

EPA ESTIMATES:
30 MPG HIGHWAY/25 MPG CITY.

Omni is also very obliging on gas mileage. EPA estimates are 38 MPG (highway)/25 MPG (city). That's when your Omni is equipped with its standard 1.7 litre engine and four-speed transmission and 3.3 transaxle ratio. Your mileage may vary. Depends on how you drive, your car's condition, and its equipment. And California mileage is lower.

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'Who's that?"
'Harry."
'Harry who?"
'Harry Onassis."
was shocked to see Mr. Onassis. His lids were taped, to keep his eyes n, and he looked strange. Mostly, he e the feeling of a man trying to get k into himself, to find himself.
Sit down, Tony," he said, waving me a seat. And I sat. For a long time, hing was said, and I kept looking r at Johnny. I wanted to say, "What hell did you bring me down here ? He doesn't even want to talk to ?" And then I saw that Onassis's con- tration was not really on me. Regine's he greatest place in the world for utiful girl-watching. This was the r when all the girls were wearing tight jeans, and their backsides were sing just at the level where Ari's ed-up eyes could see them without in.
As I kept waiting for a break in the ade of beautiful rears, I knew what was probably going to discuss. Final- he spoke to me in Spanish.
Tony, I understand you were here at gine's a few nights ago." I nodded.
And I understand they want you to y me."
It's up for discussion. But it hasn't e to contracts or anything."
How do you like the book?" he asked, n under those lowering eyelids.
I think it's rough on you." I stopped. d then I added, "But I think some- y's going to do your life. It's inevit- . This year or some year. Somebody's ng to do your life."

Words never forgotten

nd then Onassis said the words I will er forget, even though I abandoned *Greek* project almost immediately. Tony," he said, "promise me one g. If anybody does do my life in a , you will do it."
Why?" I asked.
Because you'll be nice to me," he vered with a little smile.
What makes you so sure?"
e grew very serious.
Because I have lost a son. And you lost a son." And thus he reached into my own life, to a tragedy that ll never discuss, but which linked us he most profound level.
never saw him again after that night. the bond he reminded me of . . . ber than any, because human tragedy at way . . . lingered on and on into story I will pick up later.
ow, about Jacqueline Kennedy ssis. That, too, has roots in the past. goes back to the inauguration of ident John F. Kennedy in 1961, and what was perhaps one of the great performance disasters of my life. I had helped to campaign for John F. Kennedy, and when he won, Frank Sinatra invited many performers to the Inaugural. He invited me, and I was thrilled. I guess if you had asked me who the ideal couple in the world was at that time, I would have said John and Jackie Kennedy. The Camelot spirit was there, and I had high hopes for the future of the country. It was a great night: Belafonte performed; Sir Laurence Olivier did a reading, and finally my big moment came. I had a witty speech paying homage to the beautiful new First Lady, and I began it with great bravura, talking about how exquisite she was, what she would do for the country and so on. I could see Belafonte and Sinatra motioning to me excitedly, but I went on. Finally, it dawned on me. My mike was dead, and nobody had heard a word of my tribute to Jacqueline Kennedy. Indeed, her first impression of me was probably of a mute making odd signs—moving his lips without a sound track.

Certainly not the impression I wanted to leave with the First Lady of Camelot.

Then came the assassination, and like everyone else, I was filled with a deep sense of mourning and a sad concern for his widow. A year or so later, in New York, a prominent magazine editor suggested the possibility of teaming Mrs. Kennedy and myself for a special project in which we could each use our viewpoints about America and *(continued)*

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going through a situation many men lived through, and I seemed to be handling it well. At any rate, we had a and very precious talk about paintings and books, and n of the interests we had in common. We decided that per the project needed more discussion.

I asked her what she did with her time, and she tol that often she spent it running around the reservoir in Ce Park.

"I do, too," I said. And I told her that the best time for ning was very early in the morning, at 6 A.M.

And she said, "Hey, let's run tomorrow."

And believe it or not, there we were running in Ce Park the next morning. She doing her graceful thing, a shadow-boxing as I ran, like a fighter, but always watc her out of the corner of my eye. It's difficult to take your off her. And whatever that thing is, when you and an human being are in tune, when she is an extraordin beautiful lady and you are a feeling man, whatever that t is that makes you say over and over, "My God, I coul in love with this woman," it did cross my mind. And minds of millions of other men, I'm sure.

And maybe for about 11 seconds, I am looking at this tastically beautiful and glamorous woman and sayin myself, "What would it be like to be married to this ext dinary creature?" And the first thing that loomed up "I couldn't compete with the image of Kennedy." I woul too forbidding, too demanding. But I had to admit that body who could handle that competition had to be an ext dinary man.

We sat under the trees in the park and I asked if I c call her Jackie and she said, "Please do." And we talke many things, personal things—her widowhood, her isol and other things. And when we parted—she decided ag the magazine project—it had been an unforgettable inter in my life. I continued to keep in touch with her, *(contin*

ONASSIS & ME

continued

its culture in a kind of female-male counterpoint. It sounded like a great, if presumptuous, idea, and through Nancy Tuckerman, Mrs. Kennedy's assistant, a meeting between us was set up.

I have never been so nervous about meeting anybody in my whole life. At the time, I was living at the Hampshire House on Central Park South, and as I walked across the park to Fifth Avenue, where Mrs. Kennedy was living, I actually had stage fright. Because, in a sense, I was about to meet an ideal . . . someone in front of whom I had already failed, thanks to a defective microphone. I began to have all sorts of inferiority feelings. What was I? An actor, an earthly fellow, not in the same league at all. I remember I selected my clothes with special care: quiet, refined checks. And I walked slowly so that I would not perspire too much on that warm summer day.

I was received at her apartment house by a Secret Service man, and I went upstairs. And there she was, in a bright, canary yellow dress. That deep, black hair in sharp contrast. There was something wonderfully, vibrantly alive about her. There was a kind of defiance: I am destroyed but not defeated, her thin body seemed to be saying. She was really quite magnificent.

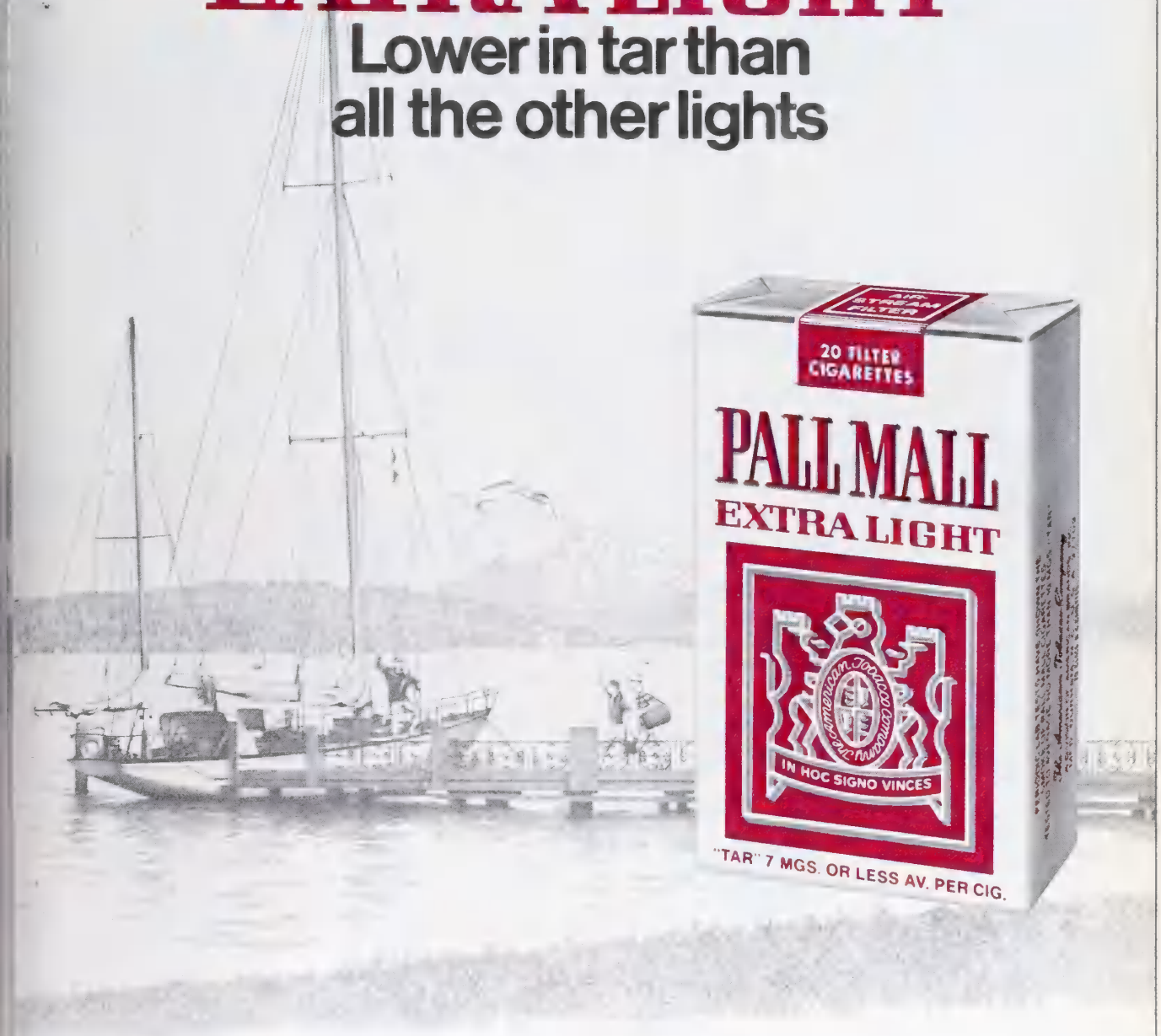
Anyway, we had to get down to the painful reality of talking about the possibility of the project. She'd obviously done her homework. She knew a lot about me and the pictures I'd made, and also about my personal life. At that time, I was in a difficult situation, in the middle of a divorce, and she knew about that. But she was most sensitive when I admitted that perhaps my own situation made the assignment ironic. But she was reassuring, telling me that I was



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ONASSIS & ME

continued

ending her books and notes from time to time. I was always proud of having walked at dawn with her.

And now, as we say in the movies, we cut back to 1975. had just opened in Boston in a new Tennessee Williams lay, around which I had built a year of my life. The play as to be brought to New York, but it bombed out in Boston. One of the most painful experiences in an actor's life is having play close out of town. He is full of anger, pain and despair. He has a terrible tendency to blame himself for the disaster. Which, of course, is not true since the bomb wounds everyone onnected with the production—from producers down to the oorman. But I personally take failure harder than most. I annot wait to get back into the ring—to prove whatever the ell it is I'm trying to prove. But there was no immediate tage open for me to get on to shout my defiance.

My wife, Iolanda, watched me writhe in frustration.

"Tony, so what? So the play failed. You didn't. There will e a picture soon."

If there is anything an open wound will not tolerate it is ollyanna optimism.

"What picture?" I snarled. "Because of this play I turned verything down for the next year."

"Well, we can go back to Italy and you can take it easy."

The last thing I wanted to do was to take it easy. I had rained for a 15-round fight—it had been stopped in the third.

Then the telephone rang. My wife picked it up.

"There's some Greek man downstairs who wants to see ou."

The last person I wanted to see at that point was a crazy reek. But, before I could protest, my wife had asked him up. he thinks Greeks are good for me.

In he walked: a kinetic, energetic, crazy young man in his irties. And in the loudest voice, with the biggest smile, e asked: "Mr. Tony Quinn, how would you like to play ristotle Onassis?" (By this time, Mr. Onassis had died.)

My wife turned to me.

"See," she said. "A picture from heaven."

"Do you have a script?" I asked. "Financing?"

Chutzpah—Greek style

The man sat down and began to regale me with not a story ut *chutzpah*—Greek style. Then he said he'd already set p a meeting with TV and all the newspaper media at the mericana Hotel, and since I was flying back to Rome the ext day, he wanted me to make the announcement that I ould play Onassis in his film. He offered me a fantastic sum money, and he was all ready to make a deal. It had nothing do with the book *The Greek;* it was called *The Onassis tory.*

Why did I go along? The man had nothing but nerve and idea. It's simple: I liked the idea and I liked his nerve. esides, to be honest it was a way to get in front of a camera gain!

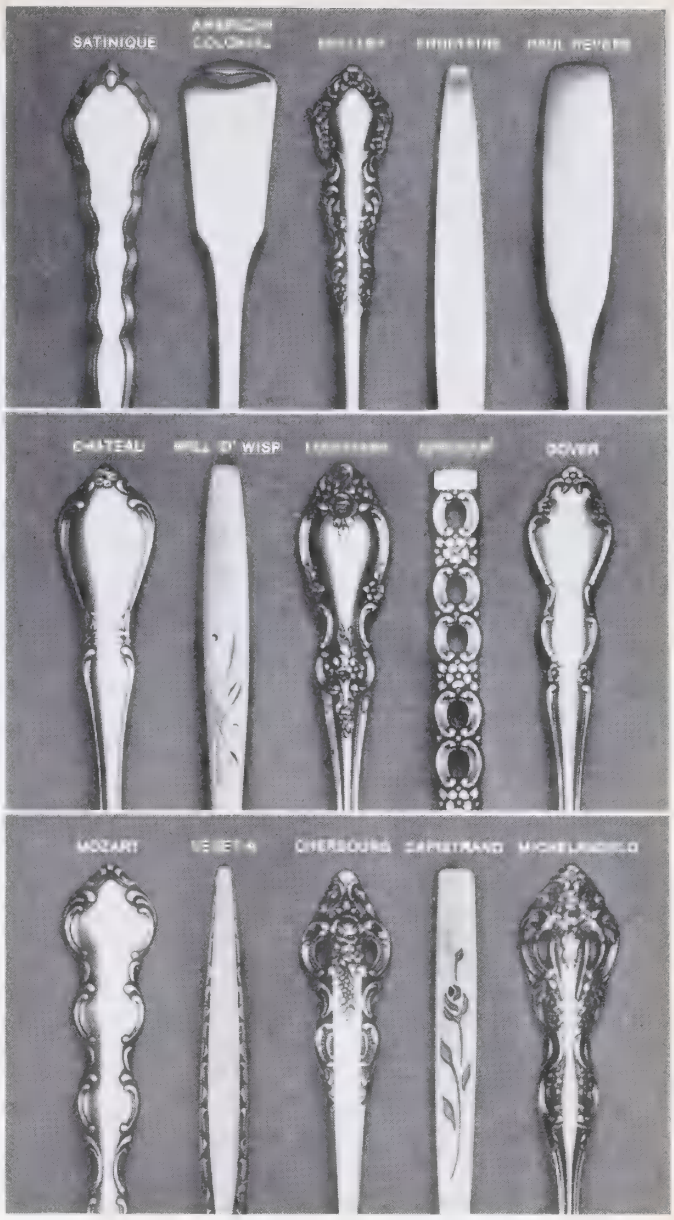
The next day, surrounded by television cameras and reorters, Nico Mastorakis and I made the announcement of e zillion-dollar production, produced by him and starring . Of such things are Hollywood dreams made.

Then came the telephone call.

It was from Nancy Tuckerman, who still served as Mrs. nassis' representative.

She was very cool and tactful, saying that she was calling r Mrs. Onassis. She assured me that Mrs. Onassis had high gard for me, but she would be most appreciative if I did ot do the picture.

I took a long walk around Central Park. The last thing wanted, or would dream of doing, was to add to Mrs. nassis's pain or discomfort. But surely, since I had such gh regard for her, my being involved in the *(continued)*



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ONASSIS & ME

continued

project was a protection for her. I would see to it.

When I got back to the hotel, I called Mrs. Onassis's apartment. Miss Tuckerman answered.

"Listen, please tell Mrs. Onassis that so far the picture is only an idea. It may never be done. But in any case, my involvement is the best insurance that she will be treated with affection and respect."

"Just a second," I heard Miss Tuckerman say as she put down the phone. I could hear voices in the background. Then Miss Tuckerman came back on the phone.

"Mrs. Onassis would appreciate it very much if you would deny that you are going to appear in the picture."

I felt like a schoolboy who had been told he couldn't go to the afternoon matinee.

"I see. Fine."

My Italian wife had overheard the conversation. She had the same look on her face she assumes when she tastes wine that has not met her demands.

"Did she stop Robert Redford from playing in *The Candidate*? Is she going to become your agent? Is she going to run your life?"

The non-stop flight back to Rome meant—to my wife—non-stop talking. She was furious that I was passing up a picture she liked because Mrs. Onassis didn't. It was a rough flight. I had to live with my wife.

Soon my wife had all our friends defending her point of view.

Then we went to Cannes, where the kinetic Nico Mastorakis is throwing one of the biggest of all parties at the film festival to sell a picture that is not a picture yet—no script, no money, but a whole cast lined up and all the hoopla in the world. And he decides to have a party on a Greek ship, he announces, just like the Onassis yacht. My wife and I are met at the airport in Nice by the biggest, most fantastic Rolls-Royce I've ever seen, and as I get off, someone slips a pair of big, dark glasses on me—and suddenly I *am* Onassis and I am being besieged by newspapermen and television cameras.

Publicity horror

The night of the boat party, 500 people are waiting on the dock for the so-called yacht. About five minutes to nine, there's a boat in the distance, all lit up, and everybody's relieved. And then I get on the boat and discover the truth. It's a tourist sightseeing boat that the enterprising Mastorakis has lined up to stop in the harbor and pick up the guests on the promise of lots of celebrities—and the commitment that Tony Quinn would do his Zorba dance as free entertainment. It was so nervy I almost forgave him the nightmare that took place. All sorts of famous people, all of whom had fought for invitations. Now there they are, on a tourist boat (the tourists had paid $2 each)—and to add to the indignity, they all had to pay for their own drinks! After I did my dance, everyone had to get off because the boat pulled out. It was a horror . . . but nobody ever guessed the truth from the publicity.

All this time, by the way, I was still wrestling with my conscience, having second thoughts and getting some backlash from various sources about doing the picture. Many friends of Jacqueline Onassis called me, saying, "She is very upset. She has always considered you a friend." And so once more I said to my wife, "This is wrong." And once more she reminded me that I was throwing away a great role, and she also gave me a prod about the fact that it was she who had urged me to do *Zorba*.

One afternoon at the height of the film festival, we went up to St.-Paul-de-Vence to one of the most beautiful and famous restaurants in the world, La Colombe d'Or, where all the Impressionist artists ate and left their paintings instead of cash. We were lunching with my friend, Simone Signoret, and she said to my wife and myself, "I think it is great that you are playing Onassis."

"I'm not so sure," I said, pouring out all my reservations about the matter.

"Tell him he's an idiot," said my wife. "Tell him that Brando will win another Academy Award playing the part."

"I can't," I insisted. "I don't want to hurt that woman who's lost two husbands and whom I admire and respect so much. I feel as if I were hurting one of my best friends."

Coincidence haunts

Perhaps coincidence is something that specially haunts people in the world of drama. But unbelievable as it was, as if written into a script, on cue, into the doorway of the restaurant at that very moment walks—that's right—nobody but Jacqueline Onassis, lunching with a woman friend.

Simone was the first to spot her, and I saw her look of surprise and disbelief. I looked up, and indeed it was true. My "best friend" Jacqueline Onassis was walking in. I started to scrape my chair so I could stand up—and she walked right by me as if we had never met.

"She must not have seen me," I said, looking across the room to where she sat down at a table. I tried to catch her eye, and I even waved. But there was nothing. No acknowledgement.

"Your best friend, eh?" said my wife, adding something in Italian about what could be done about that.

Back in Cannes—which is pronounced

(continued on page 166)

Beauty Journal

SUN BY NUMBERS

The "new math" of suntanning is by th numbers. This sensible system lets yo pick the protection that's perfect for you skin. It's easy. If you choose a produ labeled, say, 2, you can stay in the su 2 times as long as with no protectio Rule of thumb: the higher the numbe the greater the protection factor. T provide a certain uniformity, the U. Food & Drug Administration is workin out a standard grading system.

The variables to consider are: yo skin type (blondes, redheads need max mum coverage); time of day (high noo special care); location (closer to equ tor, more danger); length of suntime (o an all-day sail, heighten sunscreen). Th beauty of all this is finally realizing th one product can't fill all needs. Now yo can plan and pack the proper numbe

This concept has been around f about 20 years, based on findings by D Franz Greiter, a professor of sports med cine at the University of Vienna. H system resulted in the leading Europea line of sun products called Piz Bu (pronounced Pete's Bween) import here this year by Westwood Pharmace ticals. Piz Buin 2 and 4 protect again the short ultraviolet or burning rays a 6 also halts the longer, deeper rays.

Some familiar suntan products are u ing the grading system on their ba labels—and going all the way to numb 15. For instance, Coppertone Oil g rated 2 while Coppertone Improv Super Shade takes a 15. Get the pictur That means you can sit in the sun times longer than without any prote tion. And still get tanning rays.

Still other products are more visua using colors or artwork as the means o countdown. For example, Estée Laude Solar System works by adding up do The more dots on the package, the mo protection. One point to remember: ea in the season, before you get a good t base, you'll need a higher count.

Anyone who still thinks that "easy-tan skin" means just stretching out the beach without any product is out-o touch (and probably badly burne Fast-tanners should use something th screens out the burning rays yet slow develops a good tan, such as Dark Ta ning Gel from Elizabeth Arden's Su care Collection. That's a quick 2.

Never forget how sneaky the su rays are. Some can penetrate rig through a wet T-shirt, scoot around beach umbrella and tiptoe under a b brim hat. Remember to safeguard t most sensitive body spots like your no chin, shoulders, knees and ankles. Use maximum helper, such as the han Alo-Sun Sun Block Stick. Safe sunnin



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JACLYN SMITH

AN ANGEL SHEDS HER HALO

The saintly star of *Charlie's Angels* is playing a former call girl in a new movie. But is she too "good" to be "bad"—this angel with no devil in her? By Stephen Decatur

Of *Charlie's Angels*, past and present, the most clearly deserving of a halo is Jaclyn Smith. But Jaclyn is about to lose her halo playing a former call girl in a new television movie to be aired this fall. And she will have to give the performance of her life to be convincing.

Jaclyn is one of the greatest natural beauties in show business. Her wide-set green eyes seem always surprised; they are set off by flawlessly sculpted cheekbones and perfectly arched brows. Her small, straight nose, with its slightly flared nostrils, adds to her angelic beauty. That face, combined with a lithe dancer's body, makes her one of the most arresting figures on the small screen.

Happily, her personality and character match her cool, even-featured beauty. At 30, she is both mature and serious. But she is also incredibly naive—and, believe it or not, *innocent*.

Jaclyn is weary of being described as an "old-fashioned girl." But the strong, homespun strain in her cannot be denied. Her closest friend and confidant, until his death two years ago at the age of 101, was her maternal grandfather, Gaston Hartsfield, a Methodist minister who delivered his sermons all over Texas. As a youngster, Jaclyn often traveled with him. Grandfather Hartsfield was companion and advisor to the child—and to the woman. "I was closer to him than anyone else in my life," she says. "I'm close to my parents, too. But 'Pawpaw' (as she called him) was my best friend." And if further proof of her devotion to "Pawpaw" is needed, one has only to look around her home—there are photographs of him in almost every room.

Grandfather Hartsfield shaped Jaclyn's values. She neither smokes nor drinks and would never think of using profanity. And she would rather bite her tongue than speak ill of anyone. She seems almost too good to be true; one wonders whether there aren't some cracks in her flawless façade.

Apparently there aren't. But there are paradoxes about Jaclyn Smith. She looks 20, but she behaves as if she's 40. She often characterizes herself as "serious." She doesn't laugh easily; she is unaccustomed to teasing and doesn't know how to react to it. Perhaps that is due to Pawpaw's influence. "He never teased or made fun of me," she says, then adds, "he never scolded me once in his life. At mealtimes, he never left the table until I was finished eating. He would just sit and talk to me.

"I come from a comfortable background. Daddy's a dentist, and I never really wanted for anything. I wasn't all that spoiled, but my parents provided for me very well. The important thing was that they gave me a hundred times more love and caring and friendship than they did *things*.

"So I grew up without many troubles. I'm not the rebellious type. I know I'm a member of the Woodstock generation, the generation of flower children and hippies, youthful revolt and drugs. But I was never a part of that. I'm as estranged from it all as Pawpaw was.

"I'm not into Zen, TM, EST or psychiatric analysis. It seems that most of the people I know are supporting some movement or joining various organizations. They ask me to join, but I just don't like the idea. I have some understanding for some of them. But involvement? I'm involved with my life, my work, my home and my family. I telephone my mother every night. And I work very hard.

"Heck, I'm not even very daring. Kate (Jackson) is the adventurous one on our show. There was a scene in a recent episode in which Kate and I were riding bicycles. Kate kept going faster and faster. She pulled ahead of me until we were so far apart that I thought it would ruin the scene. As hard as I tried I couldn't keep up with her. Kate went around a curve, the bike spun out from under her, and she fell and skinned her hands and knees."

Their differences notwithstanding, Kate and Jaclyn are close friends.

"Kate and I have developed a really good relationship," says Jaclyn. "She comes to my house to dinner now and then. I like sort of formal, elegant dinner parties—though I don't do the cooking—with everything just right. And Kate shows up in jeans and an old sweater.

"I've never been to her house, but I'd love to decorate it for her. She wants me to. I love to re-do houses." Then, suddenly, she asks, "Do you think my house is too feminine?"

Assured that her colonial home, with its antiques, velvet settees, polished paneled walls, luxuriant plants and brass furnishings, is *not* too feminine, *(continued on page 70)*



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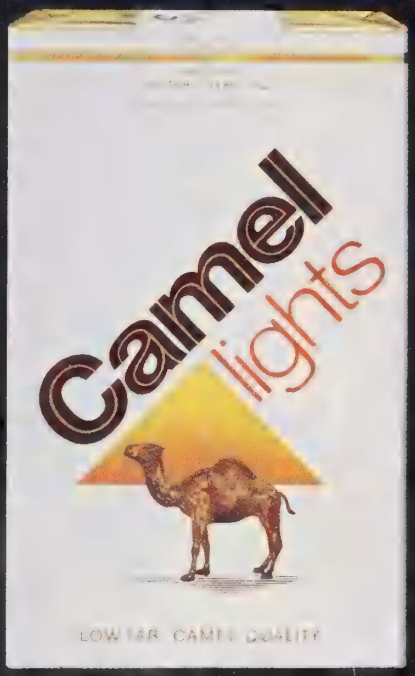
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JACLYN SMITH

(continued from page 66)

Jaclyn's thoughts return to Kate and
show.

"I still hear a lot of talk about K
being the only real actress on the sh
But I don't resent being compared
her. I'm not an insecure person. I wa
Kate and Cheryl (Ladd) and myself
the show. Each of us has someth
different to offer."

And what about Farrah Fawc
Majors, who quit the series at the en
the first season? "I miss Farrah," s
Jaclyn. "I really do. I haven't seen he
spoken to her since she left the sh
We've both been busy. We weren't
friends while she was on the show
naturally we aren't now. Farrah
other interests that involved her
band. Same with Cheryl Ladd now. K
and I are both single, so it's natural
we have more in common."

Sensitive to critics

Until recently, Jaclyn has said l
about her acting, sensitive to the cri
who praised her beauty and panned
talent. She recalls some recent revi
in which that was the case.

"I did a television movie last seas
a dramatic role in *Escape from Bo*
County. I put my heart into that pa
didn't wear any makeup or curl my h
The critics said, 'A very glamorous Cl
lie's Angel.'

"But I definitely feel that I'm grow
as an actress. As for my role of Kelly
Charlie's Angels), it doesn't give me t
much to do. Everything dissipates on
show because they try to divide ev
thing equally among the three girls.
rather have them feature a *(continu*

WIDOW

By Maureen Cannon

After a "decent interval" (they'd checke
The calendar), they urged her to begin
To rearrange her life. How circumspect
They were, and kind. But every discipli
Eluded her until at last so did
The faces of her grief. He'd given shape
And substance to her days. As he would
bid.
She'd lived, obedient. But now escape
From patterns was—she saw it—wise.
Leave tears
To Sunday daughters, sorrowing. How
dead
He was, beloved ghost, and she with yea
Stretched, endless and mysterious, ahea
She vowed to like her solitary bed.
To seek a need, to flee the bleak excess
Of empty hours and of idleness.
Eventually she'd learn to answer "Yes"
To widowhood, she thought. No longer
wife.
But woman still, she . . . rearranged her

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JACLYN SMITH

continued

different one of us each week, with the other two doing less.

"The show's a lot flash and fluff. I'm not putting it down because it's done an awful lot for me. I'm thankful for it but I don't get much of an opportunity to act." One gets the distinct impression that Jaclyn would like to follow in Farrah Fawcett-Majors' footsteps and leave the series. But the most she'll say for now is "I'm just taking one day at a time.

"I'm not a *driven* actress. I think it's because I had so much love and attention at home. Insecure people are driven to prove more things and to achieve something tremendous with their lives. Sometimes they make it, sometimes they don't. But their insecurity gives them another push to succeed. And sometimes it shows up in their faces as hardness.

"Maybe if I had a little more inner fire it would be better for my career."

No one was more aware of her shortcomings as an actress than Jaclyn herself when she played her first major dramatic role opposite Dennis Weaver in an episode of his television series, *McCloud*. Her only acting experience had been in television commercials.

The plot called for a romance between Jaclyn, who played a model, and Dennis as the rugged lawman, McCloud.

"Dennis Weaver took one look at me and asked, 'Who is this girl?' " Jaclyn recalls. "I'm sure he thought he would getting some recognized actress and I attitude seemed to be, 'Are you kiddin It was the one love story in his ser and he had to do it with this cuckoo, n

"We were working and I knew th I wasn't reading the role very well. just wasn't sure of what I was doin Dennis kept looking at me as if I w out of my mind.

"Finally, I took him aside and sa 'Listen, the producer wanted me to this part, but I don't think I can hand it. I'm nervous. Just tell him you do want me.'

"Dennis's whole attitude changed stantly. He said, 'We can do it. You a going to do it. Listen here, don't ev talk like that!'

"From then on Dennis was det mined I would do the part. He is a ve wonderful, spiritual man—the least te peramental actor I've ever worked with

That role was tough for Jaclyn. H her biggest test will be her starring ro in *The Users*, a television movie sche uled to be shown this fall. The scree play is based on Joyce Haber's no *The Users*, and it's about a former c girl who marries a movie star and b comes Hollywood's leading hostess.

No simple task

From angel to fallen angel is no si ple task, even for the most accomplish actress, and Jaclyn agrees that the ro will tax her talent as never before.

"This movie is something entirely d ferent for me," she says. "It's a stretch suppose my physical appearance is a d parture from the movie prototype of hooker, and that makes the role mo interesting for me—and maybe for pe ple watching the movie."

Jaclyn nearly decided not to make t picture at all. She hesitated, not becau she'd be playing a call girl, but becau the novel that the movie is based on one of the most sexually explicit be sellers in recent memory.

"When a friend told my mother I w going to star in the movie, Mother w upset. I told her not to read the bo and she said, 'Well, if you're going play the part, I'm going to read t story.' "

Jaclyn managed to talk her mother o of reading *The Users*, and to soothe h mother's ruffled feelings, but not wit out a struggle.

"For several evenings," Jaclyn sa "my nightly phone calls to Houst buzzed about my taking the part. I s sured Mother that the movie would nothing like the book. And I finally co vinced her that she shouldn't read it b cause it would only depress her.

"I haven't read the book and I'm n going to," Jaclyn goes on. "I don't re dirty books. After ten pages, they're boring. I don't believe in harsh languag

(continued on page 15



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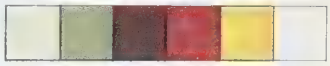
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This month—a special report on fathering you'll want your husband to read.



Geraldine Carro

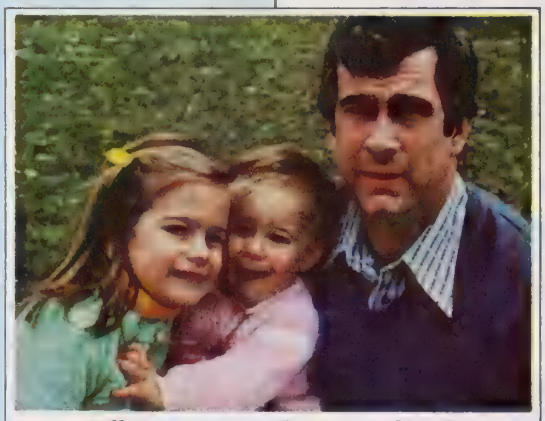
Mothering

The surprising bond between fathers and babies

A movie screen projects the round face of a day-old infant. Her new-to-the-world eyes are searching, trying to focus. The next frame reveals the object of the baby's interest: her awestruck, beaming father.

Watching this film is a group of new fathers. They smile when the film father tickles the baby's stomach as he changes a wet diaper.

The screening is part of the regular fare for new fathers at Mercy Hospital in Urbana, Ill. When they come to see their babies, they also view this unusual child-care film made just for fathers. The 16-minute film explains how to bathe, feed and diaper a baby. But psychologist Ross Parke, the film's creator, hopes it conveys more than practical tips. "We want to get across the idea that fathering is fun, that life will be more interesting for the father—and his baby—if he gets involved early."



Bill Vormittag with Amy and Beth

Parke not only believes that fathering can be fun, he believes that men are naturally good at nurturing. All they need, he says, is a little encouragement.

Recent studies by Parke support his contention that fathers and babies go together naturally, like—well, mothers and babies. To compare nurturing impulses, he asked maternity ward nurses to carry babies to their parents and ask, "To whom shall I give the baby?" The first-time fathers were just as eager to hold the babies as the new mothers. During the ten-minute period of observation, each parent hugged, kissed, talked to and explored the baby equally.

A father may be affectionate, but is he really as competent? Don't mothers have an inborn edge? Parke doesn't think so. When he studied new parents during bottle-feeding sessions, the fathers were just as successful at getting the baby to drink. And when it came to picking up a baby's distress signals—a burp or sneeze, for instance—fathers were just as sensitive.

"At three weeks a baby can distinguish its father's voice."

Perhaps the biggest surprise is how responsive babies are to their fathers. At the tender age of three weeks, an infant already can distinguish its father's voice from others, says Boston pediatrician T. Berry Brazelton, who proved this in a recent study.

By two months of age, a baby actually behaves differently with its father than with its mother. Research done at Boston Children's Hospital Medical Center shows this dramatically. With the assistance of videotape cameras, a Medical Center team eavesdropped on babies and their parents. When mother and baby were alone, they played gentle, cooing games. When it came time for Daddy's turn, the infants perked up, ready for action. The exchanges, as observed, between fathers and babies were louder and more playful.

These films show what many parents have always known, says Medical Center pediatrician Michael Yogman: "Fathers have a unique role to play in their babies' lives—one that complements the mother's role."

FATHERING IS (MOSTLY) FUN

During the hunt for "Son of Sam," the terrifying ".44-caliber killer," New York City policeman Bill Vormittag was assigned to stake out the discotheques. As a member of the Tactical Patrol Force, he works nights from six P.M. to two A.M., handling some of the city's toughest cases.

But by day, this broad-shouldered, 6'4" police officer projects a different image. He's apt to be found pushing his 18-month-old daughter Amy on the swings or sprawling on the living room floor playing *Candyland*, four-year-old Beth's favorite board game. Sometimes Beth even wins.

Bill considers himself luckier than the other young fathers he knows, most of whom barely get a glimpse of their youngsters before they're whisked off to bed at night. "They're really missing out on the thrill of getting to know their kids," he says. Because he is home during the day, Bill sees as much of his children as his wife Alice does.

"Fatherhood? I really eat it up," he says. "I get to see the kids develop. Something new happens every day."

If such comments make this policeman father seem too good to be true, a visit to the Vormittag household at the end of a long afternoon assures one that he's human. After Amy has reached for the light sockets for the 15th time, and Beth has asked her umpteenth question of the day, Bill will admit: "I like my kids. I mean, I love them. But sometimes they drive me up the wall." (Sounds like a mother talking, doesn't it?)

Fortunately, Bill and Alice can spell each other when the going gets rough. "We're patient in different ways," says Alice. "Together we make the perfect parent."

How did the sharing process evolve in the Vormittag household? Not, as one might assume, from equal rights discussions. "The sharing happened naturally," says Bill. The Vormittags wouldn't win an award for a Liberated Household. Alice does most of the housework and child-care chores such as bathing and dressing the girls.

Bill balances the child-care duties in other ways. He takes the girls when he goes shopping and usually takes them to the playground daily. And he invites Beth to join him to do house repairs. Bill disagrees that taking care of children is *women's work*. "We both brought the kids into the world," he says, "and we both can take care of them." Besides, he argues, policemen make good fathers. "We see what happens when people raise their children badly."

MAILBOX

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DIANE AND WOODY MOVE IN

Life is never dull when Diane Keaton and Woody Allen borrow your house to make a movie. Here's what befell our family. By Cece Wasserman

How did a nice suburban family like us get mixed up in a Woody Allen movie?

I guess it started because we live in a "sensitive" house. It's a white clapboard Victorian house, with a Southern accent, hidden back from the road behind tall trees in the very conventional suburb of Larchmont, N.Y. Our house was bought from the poet Phyllis McGinley, but we had long forgotten about that.

Then Woody Allen decided to make *Untitled Two*, not a sequel to *Annie Hall*, but another movie starring his close friend, Diane Keaton. Our house was chosen as Diane's house in the film. As we managed to get the drift of the story in bits and pieces, we learned that it would be the locale for her self-searching as writer, wife (to actor Richard Jordan) and mother, as well as a setting for her family crises and confrontations—with her mother (Geraldine Page), her father (E.G. Marshall) and his new girlfriend (Maureen Stapleton).

Using real homes as movie sets is nothing new. Larchmont has had its house-scout for some time. Belle Forma had given pictures of our house to Carl Zucker, the location scout who works with Woody.

"It's a 'sensitive' house," said Mel Bourne, the art director. I wondered how our rambling, thrown-together decor fit that description, but I decided it may have been a compliment.

We like our house. We love Woody Allen movies. Our kids adore Diane Keaton's chic style. And we all agreed that Woody could use our charming old house for his new movie—picturing how each room, from the high-beamed ceilings to the old, pine-stained floors, would look on screen.

Woody didn't want anyone to know what the story was all about, and worked hard at keeping it the world's greatest secret. Although he wouldn't be acting in this new magnum opus, he had written the script and was now totally immersed in directing it, as well as protecting it from the press and the public.

Earlier, Woody had described his feelings about switching from comedy to drama as "apprehensive, insecure and totally out of my element. It's like taking a cold shower," he had admitted. We all agreed. That's how we began to feel after our initial excitement waned and we had more sober thoughts about a movie crew—or wrecking crew as we later called them—disturbing our quiet home.

Would it look like our house, with our furniture the way we like it? Wrong again! Our sensitive house vanished once Woody and his crew took over. It became desensitized. In movie language, that's called "dressing the set." We called it undressing the house.

For us, it meant living in our house for more than five weeks while the decorating gang took over as if they owned the place. "We don't have to do too much here," Mel Bourne mused. "But I've got to give myself enough time so that Woody can change his mind. He's never satisfied. He'll make millions of changes. Let's just get rid of all these Victorian *tchotchkes* because he wants it simple and stark. He wants a WASP look." (*Tchotchkes*, in Yiddish, means bric-a-brac.)

They rushed to dress the house so that Woody could inspect it before shooting time. All the colors had to go. Everything would be light, neutral beige. They would even remove all 60 yards of hand-printed fabric we had carefully stapled onto all the dining room walls. "Don't worry," they assured me. "We'll put everything back better than new."

My family of five—husband Herb, daughters Emily, 16, Steffy, 14, and Wendy, 8, had agreed that we would live in our "sensitive" house and watch everything from the beginning to the end.

(continued)

Illustration by Blake Hampton, photograph by Douglas Hertz



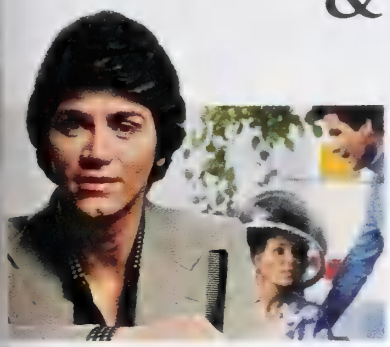
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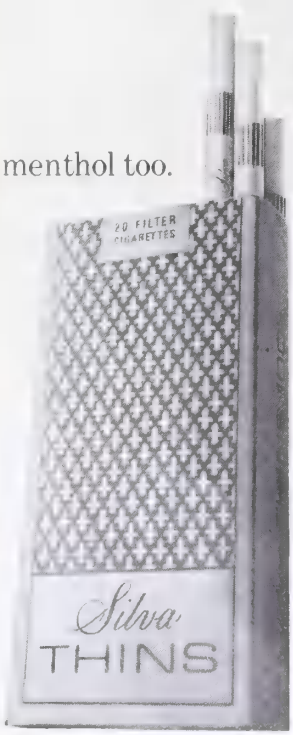
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DIANE AND WOODY

continued

As I witnessed the transformation our house from home to movie set, thought back to that first day when Ca Zucker "discovered" the house. He h warned me what would happen to o home and our lives as we worked o the details of a rental contract. "There be a lot of people around. We need l of space for everything," Carl caution "And," he added gently, "don't feel hu if Woody doesn't say hello to you. H shy, unsociable, hates kids and dogs."

"We've got them all—kids, cat a dog—and we're going to live here, wat everything and get in the way," I cou tered bravely. "If you take over t house, you take us."

We watched the painters, movi men and prop men work against time get the house ready for Woody. Th plastered the cracks in the old wa took off wallpaper and fabric, painted all stark white, moved out most of furniture, scoured all the thrift, junk a antique shops in the area for the rig looking bleached pine chests, tables a chairs, rented 200 running feet of boo and kept bringing in things by the c loads. We learned that they rented fur ture at ten percent of the retail pri

Finally, the house was dressed—rea for Woody's visit. Both Mel and C had predicted correctly. Woody walk into the house, didn't say hello, ha what he saw. Everything was wrong! and his friends frantically moved thi around, throwing discards into corne closets, basement and attic. Prop m miraculously found replacements. Te pers flared and many more changes w made. By midnight, they had dres and undressed and redressed the hou Now it could be Diane's house. It c tainly wasn't ours anymore.

Stranger in own home

How does it feel to be a stranger your own house? We found out early next morning. At 7 o'clock the tro came, saw and conquered—first navig ing a huge, oversized equipment tr backwards down the long drivew Then came a parade of cars and tru —electricians, carpenters, sound camera men, wardrobe and makeup p ple, production assistants, prop pe and teamsters—all carrying boxes, cra equipment, machines, cameras, cab ladders and lights. In no time they cupied the whole house, unpack costumes, setting up the makeup ta moving props and furniture, drill holes for lights, tacking up black c around the windows. They yelled at another through walkie-talkies. Pho jangled constantly. *(contin*

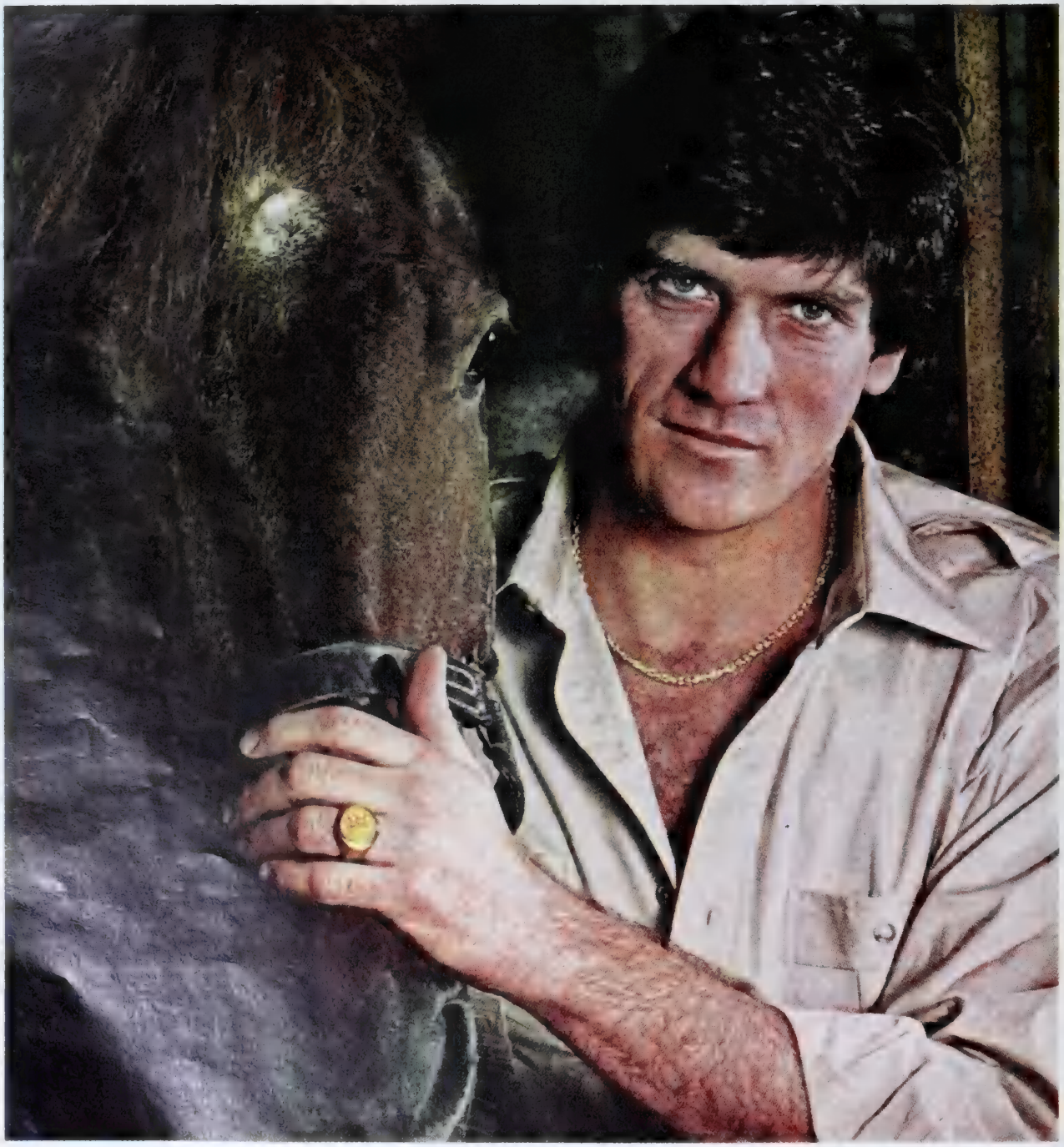
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DIANE AND WOODY

continued

Soon the kitchen looked like a factory, with strange machines, discarded props and assorted debris piled everywhere, from stove to sink. The front porch bulged with litter, tools, wooden crates, ladders and cases of beer. The garage was a construction camp. One bedroom was now a wardrobe room, another a makeup studio. We moved into two small rooms on the third floor and later, out of desperation, into a hotel. Our dog was banished to a kennel after he barked too much at all the strangers. Our petrified cat went into hiding.

Woody Allen, the commander-in-chief, a short man with red hair and big glasses, clad in Army fatigues and a Western-style hat, quietly directed the chaos. During the next two weeks of shooting, we watched the great costume changes—Diane, from one flowing Ralph Lauren outfit to another, and Woody, from one hat to another. In the midst of his hat changes, cowboy, gaucho and Army-style, and our house changes, two things remained constant: Woody's daily garb of plaid shirt, corduroy pants and Army jacket, and his daily, Garbo-type warning of "Top Secret."

How do you keep it a secret that Woody Allen is making a movie at your house when all the trucks in the driveway display big signs announcing "The New Woody Allen Movie"? Their undercover operation was soon discovered, and it didn't take long for snoopy photographers and reporters to find their way to what had been a secret location.

Partners in crime

On the fifth day of shooting, I helped Woody combat the press. We became partners in crime to fight the band of photographers who always follow the jet set and the "beautiful people." The most notorious one, Ron Galella, who had been involved in lawsuits with Jackie Onassis and Marlon Brando, found his way to our house and, armed with a buddy bodyguard, three cameras and a high-powered lens, stationed himself on the sidewalk in front of the house. Woody immediately panicked. He, Diane and Gordon Willis, the photographer, had been relaxing after lunch in the newly set up gourmet cafeteria in the basement next door, but now they quickly shifted gears to a somber strategy session:

"How are we going to get this guy? And how are we going to get out of here without him seeing us?"

How were we going to help Woody and Diane cope with this terrible intruder? We would help them sneak through the bushes in the backs of both houses so they wouldn't be seen from the front. Clutching Diane with one hand and his Army hat in the other, Woody led the way through one back door, through overgrown brambles, bushes and trees, through one driveway into another, behind all the trucks and, finally, out the back door of our house.

Now he was safe and could take the offensive.

"Do you have a gun in the house?" Woody asked me.

I quickly thought of the contract I had negotiated with Orl. Nobody had mentioned furnishing arms for the cause of secrecy.

"Don't you even have a BB gun?" he pleaded.

"Never really needed one," I answered. "Why do you want one?"

He quickly explained how important and difficult it was to protect his privacy. "Wherever I go they're after me. How would you like to live like that?"

I was touched enough to agree that I would go shopping for a BB gun for him. My first stop was the local toy store where, when I asked for a BB gun, I was told that it was illegal to sell or buy one in Larchmont. When the salesman asked me why I wanted one, "Top Secret" signals bombarded me from around me. Meekly, I mumbled, *(continued)*





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DIANE AND WOODY

continued

"To get all the squirrels," and quickl left the store.

I had better luck in a large sportin goods shop in the next town. There found a huge array of shiny new rifle lining the shelves.

"What do you need it for, ma'am What kind of target do you want shoot? Do you really want to hit yo target or just scare it away?"

Confused by the great assortment styles, I hesitated, not knowing whi gun to buy. Perhaps the salesman wou help me select one. I broke my promi of "Top Secret" and told him why wanted the gun. "Woody Allen's at n house shooting a picture and now wants to shoot a photographer."

The salesman didn't believe me. A parently shocked at first, but not f long, he advised me to buy the cheape model for only $20. I paid for the gu and a box of BB's for 35¢, threw the in a big brown bag and quickly dro home, wondering what Woody wou actually do. Would he really try to u the gun—or was this just an amusi diversion from the tensions of maki his first serious movie?

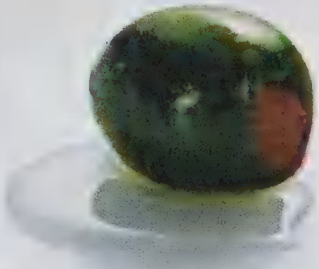
When I returned home, everyone w back at work, blocking out a new sce in the dining room. I stood in the back the room, holding on to my big bro bag, not wanting to interrupt their se ous business. When Woody noticed package, he quickly left everyone a everything. He grabbed his prese darted into the front room where he l the best view of his target, unwrapp the carton and caressed the rifle. Now could get him!

Poised with his new weapon, he tioned himself at the window, beh the front porch, covered with high bu es, hidden by all the trucks lining long driveway, and tried to catch glimpse of two men standing out on street, over 200 feet away. But Woo won the battle without firing a shot, cause Galella and his friend soon appeared, without taking a picture.

Arms race escalates

The arms race escalated. The po were called in to guard our house, o so private and quiet. At six o'clock e night a different policeman showed armed with gun, flashlight, food newspapers and by six the next morn each man ended up asleep over kitchen table, in front of a blaring set, huddled up in blankets. Moonli ing to movie-sit must have been a hig sought-after assignment, because night there were two sentries—a pol man and his (*continued on page*

What an olive does for a martini,





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Stouffer's Broccoli au Gratin and Scalloped Potatoes are just two of the 13 side dishes Stouffer's makes. To liven up a simple meal. Or do justice to a special one.

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Stouffer's Side Dishes.
The great mealtime accessories.



WHO TRAINS WHOM?

Your dog may be leading you around on a leash. Could be your cat's taught you a few tricks. Wise up to the games pets play to get their way. By Herbert Tanzer D.V.M. with Nick Lyons

Kitty won't eat, so each night Mommy gives it a different food—shrimp, liver, smoked salmon, caviar—and plays the Gourmet Game. You can cater to this racket by trying all the different animal foods in the supermarket, and never exhaust your pet's interest. Dogs and cats love this game. The more upset you get—the more you pamper your pet—the more finicky it will get.

I know. I'm an expert at the Gourmet Game. Hildy, my bull mastiff, taught it to me. So, I play games, too. But I know that they *are* games, and I usually choose only the ones that are fun.

The same thing happens to thousands of owners who come to my veterinary office—but they don't know it's a game.

"He ate well-done hamburgers for two days," a frantic cat owner will tell me, "and then turned up his nose. I'm so worried."

"Did you give him something else?" I ask.

"Well, we switched from ground chuck to ground round, and he ate that for a day or so, but then he turned his nose up again. I don't know what to do."

"Well," I say, my voice turning super-sincere, quiet, authoritative, "have you tried boeuf Wellington?"

Silence.

"You'll find that there's a difficult training period," I explain. "It will take a good deal of time before you learn to feed him exactly what *he* wants. And he may prefer variety. If he doesn't stay on the boeuf Wellington, try some *pâté de foie gras* with truffles. I know a little shop where you can get some imported from Strasbourg for only thirteen dollars a tin."

The owner looks at me, frightened.

"Or give him any good quality cat food you find in the supermarket—and nothing else. If he doesn't like it, tell him he can starve."

Training of all kinds is a central part of owning a pet. It continues throughout a pet's life and is enforced by every action the owner makes that affects it.

Housebreaking is a fascinating—and much misunderstood—subject. The traditional way is to rub the dog's nose in the feces or lay out a piece of paper and praise the puppy to high heaven each time he uses it properly.

These methods are dead wrong. Such training only teaches the dog to associate such actions with getting attention.

Take the case of the fox terrier who suddenly started to defecate on his owner's shoes. If Foxy could have told me his history, it would have gone something like this:

"This Defecation Game began a long time ago, Doc, when I was a little puppy. I really tried to control myself, but one day I had an accident and Daddy spanked me, rubbed my nose in it, then put me on an opened newspaper. Boy, was he upset. I got scared, but in a little while he came over, picked me up, petted me and said, 'He's only a puppy. He didn't mean it.'

"And I didn't. Well, after a while I could hold it long enough. Every time I went on the paper, Daddy came over, hugged me and said in his loudest voice, 'Good Foxy!'

"I can put two and two together, Doc. The way to get attention around here is to defecate. So I figured if I really wanted a lot of attention—when Daddy had been away on a business trip for three days—I'd do it on his shoes."

Vomiting and other such actions work the same way. A family will teach a cat that if she has to vomit up a little food now and then, she should do so on a piece of paper. The problem comes when the training is so filled with cuddling and rewards that the cat says to herself, "I hate vomiting, but if it turns them on, I'll try it when things get slow." One day the cat feels ignored and vomits. A sure sign of a terrible illness! And the game is on. Time to play Poor Baby. Definitely time to visit the good veterinarian.

If you merely provide an opportunity for the pet to defecate outside, or in a clean litter box, and if you refrain from emphasizing basic functions, you probably won't have a problem. Special emphasis is what causes the mischief. You create the game; the pet merely stores the rules in its memory and reverts to them when it senses a threat to its survivial.

The game your pet plays is a trick you've taught him. He uses the trick to train *you*.

Mrs. Ringer, for example, has a little Shih Tzu who has her and her husband trained brilliantly. The dog had a serious-sounding cough for ten weeks, and they were very worried. It started when he was being trained on a leash to heel.

"The first time you pulled that leash up short, he probably choked a little and coughed; it hurt," I said. "And you probably bent over and asked if he was all right. And after that, whenever he coughed, you probably stopped pulling on that leash.

"He's trained you to know that he prefers to be walked, not pulled—by coughing. Not only that, but you're now upset because you're sure you've hurt him. The dog plays this to the hilt. Whenever he wants to be picked up and comforted, he coughs."

Mrs. Ringer stopped worrying about the cough and, miraculously, it disappeared. Dozens of other owners are not so lucky; they spend the better part of their lives doing tricks their pets have taught them. Instead, choose to play only the games you want to play.

To be sure of where you stand, answer the following questions as honestly as possible—and draw your own conclusions.

1. Has your dog trained you to take him out late at night?

2. What are three good tricks you've learned from your dog?

3. Have you expanded your culinary skills since your dog showed you how he likes his food?

4. Has your pet made you a selective shopper?

5. Has your dog trained you to get up at 6 in the morning to prevent him from defecating on the rug, since he doesn't want to wait until 7:30 to play with you?

They're all pretty good games—but you ought to choose whether you want to play them or not, shouldn't you? Who trains whom, anyway? **End**

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by GALLIANO
SAMBUCA di GALLIANO
The Italian Classic.
Bottled in Italy.
ographed on the Grand Canal, Venice.

BETWEEN PARENT AND TEACHER

When there's trouble with children and school, parents have a tendency to blame teachers . . . and teachers complain about the lack of support from parents. If you have a question about your school-age child, why not ask Mary Susan Miller? Write to Between Parent and Teacher, Ladies' Home Journal, 641 Lexington Ave., New York, N.Y. 10022. We regret that only letters selected for use in the column can be answered.

By Mary Susan Miller

Dear Mrs. Miller: I enjoyed your comments about the parents' role in helping to solve the trouble in our schools. Since most of what you said pertained to elementary schools, I wonder what you think about the problems arising in high schools. Is there a solution to them?—Lianne Kernen

Dear Ms. Kernen: Your question is so broad that I can answer it only superficially. The problems in high school are more complex for a series of reasons: parents have less control of older children; students' negative behavior has more serious consequences—such as drug abuse, alcoholism, vandalism, pregnancy and truancy; and pressures for success are exerted more intensely by taxpayers, parents and teachers.

It is difficult to tell parents how to handle a teenager because if they haven't done it earlier, they can hardly begin now. I think the best solution to the high school problem is threefold: 1. Get teachers who care; 2. Teach kids accountability. Give them information and skills and guidance, but let them make their own decisions. (They will anyway.); 3. Realize that successful performance is less important than the process of learning itself. Let parents stop demanding A's and start caring about the unique people their children are.

Dear Mrs. Miller: I am a kindergarten teacher and disagree with your idea that children should be included in school conferences. Suspected learning disabilities or other developmental problems should be discussed between parents and teacher alone. Children should be included only when requested by the teacher.—Mrs. Debbie Boytko

Dear Mrs. Boytko: Sorry, but I don't agree. The greatest gift a parent or a teacher can give a child is, I believe, the ability to face life's realities and to cope with them. Children can accept the fact of a learning disability better than they can not knowing why they are different from other youngsters. Too often, parents and teachers have less cou than the child in meeting facts hea In shielding the child, they are r shielding themselves from seeing feeling the child's pain. In the long truth is less painful than pretense. tainly a parent and teacher might to discuss a problem alone at first, think the child should always be bro in: to have the problem explained a level of understanding—and to join parents and his teacher in findi solution to it.

Dear Mrs. Miller: My three-year-old attends Sunday school, a children's and a Bible class as part of our fam church activities. As an only child gets a lot of attention at home. I have another child, would it be mor portant that he be at home as a brother or that he attend nursery sc in preparation for kindergarten?—Karen Cooper

Dear Mrs. Cooper: Nursery scho more than preparation for kinderga it is an important step in social gro building self-confidence and the kn edge that he can cope. However, son may be learning through his ch activities. A new baby in the hou bound to create some jealousy and force any insecurities your son may l If you keep him home, support his of self by letting him be *himself*, not a "big brother." Spend time alone him every day. If you send him to ery school, do it long before the ba born—so that he will look on it as an venture in growing up, not as a rejec There is no right answer, but perso I favor nursery school.

Dear Mrs. Miller: I am a tenth gradd dent, and I want to tell you what I sider a good teacher. It's like Mr. my German teacher. We can't wait his class. We have discussions and around, but when there is work t done, it gets done—and quickly. Mr. is very involved with his students; one of the few teachers who is. C teachers are cold and don't care—an learn less from them.—Terry Amon

Dear Terry: Thanks for your defin of a good teacher. After many yea visiting candidates for the Nati Teacher of the Year award, I learned what you already know: con for students is a chief ingredient of teachers. This concern extends bey school hours and outside school wal teaches far more than course curricu and finds success, not in grades, bu relationships. As the old saying "You teach people, not subjects." with you, Terry—longing for more teachers!

Mrs. Miller is author with Samm Sinclair Ba "STRAIGHT TALK TO PARENTS: **How You Can Hel Child Get the Best Out of School,"** published by and Day.

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THE KITCHEN BOOK:
PLANTS IN THE KITCHEN

Every kitchen is a better place with a plant or two or more. Here, several examples, from Terence Conran's best-selling *Kitchen Book*.

Top: A spearlike palm and other plants counteract the starkness of a contemporary kitchen-eating area. Above, right: a collection of kitchen herbs on a bright sill. Below: Graceful ficus *on the floor and pot plants on the counter. Be careful plants stay decorative and don't turn to clutter.*







Above: More herbs on the sill (it must be sunny). Here, basil, left, and parsley on the right.

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Photographs: top—Graham Henderson/Liz Whiting; above right—Roger Phillips/Mitchell Beazley; bottom—Courtesy Grovewood; near right—Michael Nicholson/Liz Whiting.



alled the Elancyl (ay-lon-seal) Method. It combines two ue products, developed by one of France's leading metic companies, with a simple 5-minute-a-day mas- routine, while you shower or bathe.

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WHAT'S A WILD YET WONDERFUL VACATION?



End that annual where-to-go tug-of-war between you and your mate. Take a trip that offers something for both of you. By Joyce Winslow

Called upon to fantasize the perfect vacation I'd probably come up with something on the wild side. My idea of a good time, for instance, would be a helicopter lift to the top of an Alaskan glacier and a dogsled ride down.

"Send me a postcard with a few well-frozen words to my hammock in Tahiti," said my mate, adding that he'd prefer a trip less "wild" and more "wonderful." My dream vacations obviously do not turn him on.

Maybe you and your man also go through an annual where-to-go-on-our-vacation tug-of-war. Separate vacations are, of course, a solution but frankly I prefer compromise and company. If you do, too, then here are a few vacation ideas that combine adventure with luxury, and may please both of you.

Bermuda: Action and pampering

Say one of you adores exotic places and the other can't even be coaxed to a foreign movie—Bermuda may be the answer. An island with an English flavor, you can sip sherry before dinner (ties and jackets, please), drink Pimm's in pubs, enjoy guest privileges at lavish and proper tennis, yacht and golf clubs (Castle Golf Club is one of the finest anywhere), and have high tea (or rum swizzles) in a semi-tropical setting. And, on this 2-by-22 mile archipelago, you're never more than a mile from the sea. One day you can bask on the pink sand and the next rent a motor bike and putt-putt past century-old banyon trees, picnic on the lawn of the Botanical Garden fragrant with passion flowers and jasmine.

For something different, go where tourists seldom do: To the Spittal Pond and Nature Reserve where you can hike in undisturbed solitude up limestone cliffs, past swamps, lakes and through a pine forest. Or, try snorkeling among the coral reefs at Chaplin, Stonehole and Jobson's Cove, secluded beaches buttressed with massive sandstone formations. Maybe you'd like to gamefish (from May until November) for blackfin and Allison tuna. Check the Bermuda News Service on Front Street for fishing opportunities. And, should you have a yen for treasure hunting, Teddy Tucker, the famous underwater diver and technical advisor for the movie *The Deep*, will take you down to try your luck.

The wildest disco on the island: The Prospero Cave at the Grotto Bay Hotel. You descend a long walkway into a limestone cave, black and wet but alive with strobe lights and American records blaring.

For exotic taste buds: dine at Dennis' Hideaway in St. David's, a *very* tucked-away place with a kitchen atmosphere and sublime conch chowder laced with rum, spicy shark soup or tender mussel pie. Two charming, *wonderful* restaurants: Belfield-In-Somerset, which serves colonial Bermuda dishes, and the Gay Venture Floating Restaurant, which mixes good food with a three-hour cruise, calypso music and dancing on the main deck.

Where to stay? If you're luxury-minded choose the Southampton Princess, a totally self-sufficient resort with first-class accomodations. You'll find an outdoor and indoor pool, night-lit tennis courts, great restaurants and a lovely beach. For less money, but lots of atmosphere, The White Heron Guest House and Apartments at Riddel's Bay in Warwick is an elegant English estate, with its own pool and marina, where you can charter fishing and sailing boats. Newstead on Hamilton Harbour in Paget is another distinguished mansion complete with heated pool and sauna baths. And it's but a ten-minute ferry ride to Front Street shopping and fantastic buys.

Even less expensive accommodations can be had at the smaller guest houses such as Pretty Penny, Royal Heights, Thalia, Pink Beach Club, Surfside Beach Club and The Reefs. Write for the free booklet "Where to Stay in Bermuda" from The Bermuda News, Charles Webbe, Director, 610 Fifth Avenue, New York, N.Y. 10020.

Vermont: Great outdoors and in

If one of you hankers to explore the wide open spaces while the other's id of a hike is downhill to the hotel, ge up for Vermont Bicycle Touring. Y cover five, ten or 50 miles a day, pe dling at your own pace or with t group, through the lush Vermont cou tryside. Tours are a weekend to days, a leader always accompani the group and a truck follows wi your luggage.

The wonderful part: You stay cozy country inns, where you're serv gourmet dinners then often tucked in antique four-posters until mornin when homemade blueberry muffi and a pot of fresh coffee wait outsi your door. You can stop at the gabl Echo Lake Inn, for example, built 1790. The special attractions her tennis courts, a pool, boating and li music.

For more info write Vermont Bicyc Touring, R.D. 2R, Bristol, Vermo 05443. Cost is about $80 for a wee end to $195 for five days, which i cludes lodging, breakfast, dinner a gratuities. You can rent a ten-spe bike if need be.

California: Challenge and champagne

One of you wants to pan for g and the other would rather spend Try the rapids in California.

Begin with a two-day raft trip the Stanislaus River in Northern Ca fornia's Sierra Gold Rush country. I the ideal introduction to white-wat adventure. You'll shoot 20 rapids in well-guided rubber raft, then camp shore and feast on a delicious dinn prepared over a campfire by yo guide. This trip, and others like across the country, is run by the no profit, ecology-minded American R er Touring Association, 1016 Jacks Street, Oakland, Calif. 94607. Cost f two days: $88 per person for wee ends, $77 during the week, $64 f youngsters.

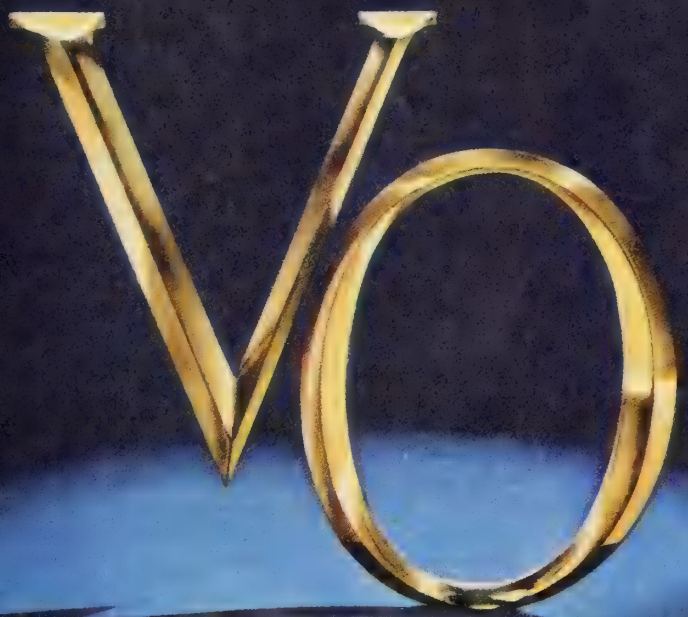
A little north of the Stanislaus R er, in the Sierra Valley, is Sierra Ci a quaint ghost town that never qu died. Its gold mine, established arou 1850, was one of the biggest jackp in the state.

Later, indulge yourself and take wonderful champagne winery tour Yountville, 75 miles northeast of S Francisco (a nice place to recuperate Taste the first French-owned, Ame can-produced champagne: Domai Chandon, created by Moet and Cha don in France.

And, mon Dieu, do eat at their s perb French restaurant. Sample t poached salmon, oysters, roast beef champagne sauce (of course) and a sorted tarts, gateaus and cremes, prepared under the direction of c Udo Nechugnys, a protege of the l

(*continued on P.S. 1*

Give Dad a distinguished name.
After all, he gave you one.



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The New Diary

In the modern journal you can visualize the future, explore your past, free your imagination, work out problems and more. By Tristine Rainer

A recently divorced woman writes about her confused sexual feelings—to help herself learn what pleases her in a relationship and what doesn't.

A woman rises an hour before her large family to capture her dreams, some lines of poetry and a list of her joys and complaints, because she finds it helps the day flow smoothly.

A marriage counselor writes in her diary imaginary conversations with an inner adviser to counsel herself.

A fashion executive goes to her diary when she needs to prepare for an important meeting, imagining her client's point of view and rehearsing what she wants to do and say.

A young expectant mother writes about the sensations in her body and her conflicting thoughts to stay attuned with herself in a time of rapid transition.

These people and many others are creating, in myriad forms and styles, the New Diary. They write, sketch, doodle and play with their imaginations. They record whatever their immediate feelings, thoughts, interests and intuitions dictate. They write whenever they wish—for pleasure and for self-guidance.

Later, they re-read what they have written. From reflecting upon what has come from within, they discover unrecognized parts of their personalities and interests of which they were not aware. They discover new solutions to problems, see patterns of meaning in their lives and secrets more interesting than any detective story.

I researched diaries for eight intense years with the indiscriminate passion of a Don Juan, reading insatiably every published diary I could get my hands on. I found the widespread use of the diary as a tool for personal growth and for realizing creative potential is a phenomenon of the twentieth century. I have come to call it the New Diary.

SOME PRINCIPLES FOR BEGINNING

When asked how to write a New Diary by those just beginning, I generally respond: "Write fast, write everything, include everything, write from your feelings, write from your body, accept whatever comes." That is often all the guidance they need. However, some of the principles that have proved effective for diarists are worth describing.

• **Forget the old rules.** Flow, spontaneity and intuition are the key words. Forget all the requirements and restrictions you have probably been taught about writing.

Everything and anything goes. You cannot do it wrong. There are no mistakes. At any time, you can change your point of view, your style, the pen you write with, the direction you write on the pages, the language in which you write, the subjects you include or the audience you write to.

You can misspell, write ungrammatically, exaggerate, curse, pray, brag, write poetically, eloquently, angrily, lovingly.

You can paste in photographs, newspaper clippings, cancelled checks, letters, quotes, drawings, dried flowers, business cards, labels. You can write on lined or blank paper, violet paper or yellow.

• **Selecting your diary.** The structure and design of your diary can actually influence what and how you write in it. For instance, small books, though they have the great convenience of portability, may produce a compressed writing style: controlled, cramped or aphoristic.

Three-ring binders connote schoolwork, and may also influence the writer to become too concerned with filing, rearranging, rewriting and even removing pages. Too many diaries are nipped in the bud by harsh self-criticism.

I suggest that you begin with a large, undated, bound book. But if there is any rule in writing a diary, it is to record the date of each entry. Dates make the diary a reference tool.

• **Write spontaneously.** Allow yourself to follow your intuition. Play. Experiment. Let the writing flow without making judgments about yourself. There are no "shoulds" or "should nots" in the diary process.

Write quickly so that you don't know what will come next. Allow the unexpected to happen. Surprise yourself.

Allow yourself to write whenever you feel like it: when you need the emotional release, when you need to clarify your thoughts or when the spirit moves you. Don't feel that you have to write when you don't want to or haven't the time. Eventually, a structure, created by intuition and spontaneity, begins to emerge from what at first may seem chaotic.

(continued on P.S. 12)

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WONDERFUL VACATION

continued from P.S. 8

endary Paul Bocuse. Open every day but Tuesday and Wednesday for lunch and dinner—reservations a must (707-944-2467).

Galapagos: Comfortable and different

The place that inspired Darwin to theorize has been cut off to most tourist travel to protect endangered wildlife. But you can still visit the Galapagos Islands aboard the MV Buccaneer, a ship sailing out of Equador. It's one of the best and last ways to see the islands in some comfort. Cost for transportation, all meals and private stateroom start at $456 per person (not including airfare). Write: Galapagos Tourist Corp., 888 7th Avenue, New York, N.Y. 10019.

Africa: Excitement and elegance

It's called the Ultimate Safari. Put together by Quest Concepts, Inc., 62 West 45th St., New York, N.Y. 10036.

During this plush 18-day adventure to Kenya you fly Concorde or first-class to Paris then go on to Nairobi and stay in the finest hotels (including the Aga Khan's Serena Beach Hotel in Mombasa). While camping on the preserves you'll find hot showers, gourmet meals and an insect-free tent (so they say).

Private twin-engine planes soar you over the game preserves, and hot air balloons waft you over Masai territory. Finally, you board a railroad built for the Prince of Wales in 1927 (Churchill described it as "one of the most wonderful and romantic on earth") that takes you to the home of elephant experts Iain and Oria Douglas-Hamilton, who expect you for lunch. Departure, all summer long, limited to 16 persons, costs $7,000 each ($1,500 less if you don't fly Concorde).

You get the idea: choose a vacation that offers something wild and wonderful, something for both of you. **End**

KITES . . . AND KITES

By Lenore Eversole Fisher

I watched a painted, plastic kite
Almost disappear from sight,
Soaring with its slapping skin
And little chance to dive or spin.

But ready-made kites, sure to fly,
Present no challenge that can vie
With wrapping paper, rags, and string
Of dreams, when homemade kites take wing.



THE NEW DIARY

continued from P.S. 10

Fear of being "boring" mustn't in you. Attempts to avoid being b may lead to exaggerated and dist writing. Lack of intimacy with yo creates boredom, so the solution i ways to touch your true feelings write only from them.

The life of a recluse can make a f nating diary, while the diary of a c rity can be superficial and dull.

• **Write honestly.** Few diarists act lie to themselves, but many—ou shyness with themselves—avoid wr about the most intimate aspects situation. When you objectively re an experience, it is easy to presen image of yourself you would like world to see, rather than the less vi dimensions of your personality. Fo ample, if you write something like, " dinner with Caroline. She has a job. Afterward I drove her home," learn little about yourself that you d already know. You may be keepin crets of omission from yourself ou shyness or fear of seeming "not nic "unfeminine."

Instead, as you write, try alway ask yourself, "What did I feel? W did I think about what happened? do I feel about him or her at this t How did I respond? Was there anyt I wanted to say that I didn't say? W did I really want to happen? Wha I want in this relationship? Did m tions correspond with my desires? have any secrets I'm keeping from self?"

You can even write these ques directly in the diary and then resp to them. Such questions will keep writing honestly.

Your future self

• **Choosing your audience.** Some ple have a particular plan in wr the diary. For example, it may be ten for a grandchild as a means of ating family continuity. But in cases, the best audience is your f self. If you think of your reader as person you will be in five or ten y it will encourage you to write concr and to include details that make th perience interesting to re-read. In years, you won't remember the situa unless you capture all its sensual ity now.

My experience has shown that person intuitively develops methods uses for a diary that suit his or needs, and those methods differ. As write in your own way you, too, be creating the New Diary. More portantly, you will be re-creating y self.

Coming soon . . . What and hou write in a New Diary.



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WHAT IT COSTS

Some of your dreams can come true—all it takes is know-how and money. Why not indulge yourself? Here's how. By Barry Tarshis

HAVE AN AFFAIR TO REMEMBER

A party at a landmark mansion
Lyndhurst in Tarrytown, N.Y.; Bell Grove in Middleton, Va.; Chesterwood in Stockbridge, Mass.; Cliveden in Philadelphia; Decatur House in Washington, D.C.; Otlands in Leesburg, Va.; the PhoeLeighty House in Mt. Vernon, Va.; Shadows-on-the-Teche in New Iberia, La.; Woodlawn Plantation in Mt. Vernon, Va.; the Woodrow Wilson house in Washington, D.C. If you belong to a nonprofit club, you can rent a National Trust Historic Property for "official" functions. Fees range from $50 to $500, depending on the site and the nature of the event. Contact each place directly.

Rent an elephant
A guest that everyone who comes to your party will remember. He (or she) will give rides or simply stand there and be big. Usually, you'll get the elephant for a couple of hours and—unless there are severe logistical problems—you can figure spending around $750. Camels cost the same but there are a few bargains: an organ grinder and monkey ($75 to $100), a dog act ($175 and up) and a trained chimp ($250 and up).

All-Tame Animals
37 West 57th Street
New York, N.Y. 10022

A fabulous Gary Hansen cake
When West Coast heavies need a big cake for a big occasion, they often seek out Gary Hansen. Examples of past performances: A 25-pound cake stuffed with lox and cream cheese—for Liz Taylor ($250). A 25-foot cake with 25 layers, for Bob Hope's 25th anniversary television party ($5,000). Price depends on how big it is, what's in it, how much artwork is involved and how long it takes to make and deliver it.

Gary Hansen Cakes
1060 S. Fairfax
Los Angeles, Ca. 90019

A wedding ceremony on water skis
The hard part is getting a minister, rabbi, priest or justice of the peace who can stay on the skis long enough to make it official. (One good thing: it will be a short ceremony!) Not to worry. Cypress Gardens in Florida will arrange everything: the boat, the marriage official, the driver, the gas, the music, the skis, even flowers (water lilies, of course). What's more, they'll pay for everything—as long as it's at Cypress Gardens.

Cypress Gardens
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Houston, Tex. 77002

A French chef to cater your banquet
Somebody with the right credentials: a *Guide Michelin* two- or *(continued)*

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As impressive as the label is, the ultimate mark of a fine wine is in its taste. And the taste of Mouton-Cadet is a delight.

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"Pat the Pitcher" is 5⅞" high; "Tommy Touchdown" is 5¼" high; "Berl the Soccer Player" is 6⅞" high. Suggested retail is $31 each. For the name of a store near you and a copy of the "Co-Boy Figurines" brochure, send 25¢ to Dept. SCO, P.O. Box 5469, New York, N.Y. 10017.

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WHAT IT COSTS

continued

three-star restaurant or a place of authority in one of the country's top restaurants. He'll plan the menu for you, select the wines, even import the fresh *foie gras*, if it's the right time of year. Naturally, you will not quibble about the prices. Since there is no agency that books French chefs, you will have to deal direct. The average fee for a single banquet is $2,000, plus expenses, of course.

LEISURE HIGHS

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See & Sea Travel Service, Inc.
680 Beach St., Suite 340
San Francisco, Ca. 94109

A week at a Japanese ryokan

Pardon the redundancy—all ryokans Japanese ryokans. Traditional Japan inns, they combine a foyer, living ro tea ceremony room, veranda, bath a lavatory.

You sleep on a *futon*—a floor matt —take Japanese-style baths, receive J anese-style massages, wear Japan style clothes and partake of Japan style food. Finding a *ryokan* in Japa just about as easy as finding a McD ald's in suburban Chicago. About 80,(*ryokans* are spread throughout Jap although only 1,300 are registered the government and are considered drawer.

One of the most famous is Kikk (Chrysanthemum Villa). The aver price for a day's stay is $100, which cludes breakfast and dinner.



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WOMEN SEE MEN

Here's how three female photographers view the male. The author of "Combat In The Erogenous Zones" helps you read between the visual lines—and explains why she thinks it's so difficult for women to *really* see men. By Ingrid Bengis



Photograph by Sardi Klein

The challenge of making the effort to "see" men is that they have the habit of concealment, of a reserve so profound that it scarcely leaves any suspicious traces. A woman's face in repose tends to be expressive of some element of her inner life, which she might not consciously choose to reveal otherwise. Walking down a street, one can know something about what the women are like just by looking at their faces; the men are much less distinguishable, one from the other. Men reveal themselves cumulatively by the slow accretions of their actions. A woman wishing to know a man must look for those telltale signs of behavior which, over a period of time, add up to a feeling, since she cannot always find the feeling itself. This is a little bit like knowing about the presence of an animal in the garden from the systematic disappearance of certain leaves on certain trees, even though the animal itself has never been seen.

FATHER (below). She once said that seeing a man play with his children always made her cry. Her husband had never done it with their children; her father had never done it with her. She found it remarkable that other fathers did that with their children. Sometimes she followed them, or stood, watching. That a man should be so engrossed . . . remarkable . . . remarkable.

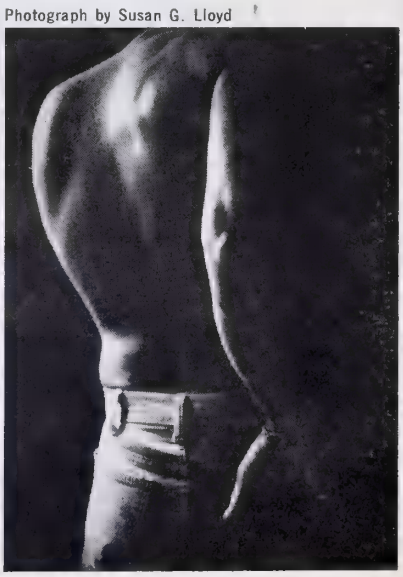
INTIMACY (above). To move is to take possession of life. To move together is to create a universe. Intimacy can dwarf almost everything: the room stretches infinite and unnoticed beyond them. There is a perfect stillness to which the accordion is merely an accompaniment. The accordionist agrees that they could go on forever without him. Though, of course, they wouldn't. Bridging the gap in that illusion, he makes himself indispensable.

A MAN'S BODY (below). It is the most persuasive line of a man's body: the back, from the base of the neck down to just below the waist. He knows it, knows from the softened eyes of women, though he himself can see it only in a double mirror. He has not thought about Michelangelo or Donatello, not thought that there is an aesthetic cradled at the heart of women's desire. His language is blunter: he keeps his jeans low on the hips, walks barechested in spring, believing that it will all last forever.

Photograph by Dorien Grunbaum



Photograph by Susan G. Lloyd



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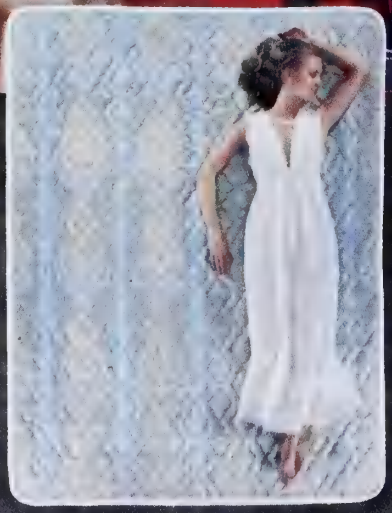


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CREATIVE QUICK BREADS

From the Journal Kitchens

PINEAPPLE-CHEESE LOAF

2 cups unsifted all-purpose flour
¾ cup sugar
1 teaspoon double-acting baking powder
½ teaspoon salt
½ cup grated sharp Cheddar cheese
½ cup chopped walnuts
1 cup drained, crushed pineapple
2 tablespoons butter or margarine, melted
1 egg beaten

Preheat oven to 350°F. Grease an 8½x4½-inch loaf pan. Stir together the flour, sugar, baking powder and salt. Add cheese and nuts and toss together. Stir pineapple and butter or margarine into the beaten egg and add to dry ingredients. Blend well (batter will be thick). Spoon into loaf pan. Bake for 1 hour. Turn out onto a wire rack to cool. (Flavor is better the next day, so wrap cooled loaf well and store overnight.) Makes 1 loaf.

CARROT-RAISIN BREAD

2½ cups unsifted all-purpose flour
2 teaspoons double-acting baking powder
1 teaspoon baking soda
1 teaspoon cinnamon
1 teaspoon salt
1 cup grated carrots
1 cup golden raisins
½ cup chopped walnuts
1 cup dark brown sugar, firmly packed
2 eggs
1 cup milk
¼ cup melted butter or margarine

Preheat oven to 350°F. Grease a 6-cup (9-inch) Bundt pan. Set aside. Mix flour, baking powder, baking soda, cinnamon and salt. In a small bowl, combine carrots, raisins and walnuts; toss to mix. Then mix in brown sugar. In large bowl, beat eggs until foamy. Beat in milk and melted butter or margarine. Stir in carrot mixture, then flour mixture. Pour into Bundt pan. Bake for 1 hour or until cake tester comes out clean. Let cool in pan on rack 5 minutes. Turn out of pan and cool completely. Makes one "loaf."

APRICOT-NUT BREAD

1½ cups dried apricots
¾ cup sugar
5 teaspoons double-acting baking powder
½ teaspoon salt
½ teaspoon baking soda
2¾ cups unsifted all-purpose flour
1 egg, well beaten
1 cup plus 1 tablespoon buttermilk
3 tablespoons melted shortening or salad oil
1 cup chopped walnuts

Preheat oven to 350°F. Grease a 9x5-inch loaf pan; set aside. Wash and drain the apricots and cut into small slivers. Into a large bowl combine sugar, baking powder, salt and baking soda with the flour. (Save out 1 tablespoon flour to toss with the apricots.) Mix the egg with the buttermilk and add to dry ingredients with shortening or oil. Mix ingredients just enough to dampen. Fold in the nuts and the apricots, which have been tossed with the reserved 1 tablespoon flour. Pour into loaf pan. Bake for about 1 hour or until cake tester inserted in center comes out clean. Turn out, cool on rack. (This bread slices better the second day; serve buttered.) Makes 1 loaf. **End**

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Even a dorm-full of schoolgirls didn't faze her Maytag, says Mrs. Howe.

THE MAYTAG COMPANY, NEWTON, IOWA 50208



Rev. John W. Howe; Kathy, 8; Jonathan III, 2½; Mrs. Karen Howe; and Jessica, 1.

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By Ann B. Bradley

Photographs by Santagto.
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Flowery, eyelet-type lace borders the jacket of an airy batiste camisole top set.

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FOR BEAUTIFUL BOUQUETS



Cutting flowers from your own garden can be great fun, but before you pick up the scissors read this expert's tips on how to do it right. By John James

Step into the garden, cut an armful of flowers and make an arrangement, large or small. Sounds simple, but unless you know the right way to go about it, your arrangements will drop and fade within hours. Whether you cut in the garden in season or in the home or commercial greenhouse off season, whether you buy flowers for your arrangements or grow and supply them yourself, there are techniques you can use to increase the vase life of cut flowers.

The whole thrust of these techniques is to get the flower to take water and sometimes food.

Plants vary in structure and needs. For example, plants have either woody stems, hairy stems, or oozy stems. In general, we split the ends of woody stems, place the hairy stems in hot water, the hollow stems under water and sear the oozy stems. In regard to plant needs, water is the most important consideration.

But let's start at the beginning. Suppose you are ready to go into the garden or greenhouse to cut flowers. Carry a small bucket of fresh, warm water with you. The temperature is important. It should be quite warm, or tepid, about 110°F. Never use cold water below air or room temperature. Cold water shocks flowers, and they are unable to absorb it as well as tepid water.

Once flowers are cut, they need an adequate and continuing water supply to replace the life-giving food and fluids of the plant. This water must be clean and fresh--and immediate. Therefore, as soon as a flower is cut, get the stems in water. Carrying around armloads of cut flowers may be picturesque, but it's poor practice.

Use sharp knives and clippers. Dull tools crush the capillary tubes in the severed stems, making it difficult for the flowers to draw water. It is much like crinkling the end of a soda straw. Lacking water, the flower droops, and its vase life is shortened considerably.

Clean and sterilize clippers and other cutting tools on a regular basis. This helps prevent the spread of harmful bacteria to the flower stem and the plant.

Avoid cutting in the heat of the day. Morning or evening is a better time. Then the plant stems are filled with water and are in better condition to survive as a cut flower. This is not the case at high noon, when transpiration is at its peak. We growers prefer to cut in the late afternoon if possible. During the day, plants build up a food supply that helps the cut flower last longer.

Avoid the tight bud or the mature flower. One may not open when cut; the other will soon drop its petals. Except for asters, chrysanthemums, marigolds, zinnias and a few others that should be cut when almost fully opened, cut others when they are about half open. The buds should show petal color.

Try to make stem cuts on a slant to expose more cut surface to the water. Where do you cut on a plant? Always above a node, for the plant's sake. Then recut just below a node for the cut flower. Cutting at a midpoint between the nodes doesn't help the flower or the plant.

Handle flowers carefully. Double flowers are subject to shattering. Even one pedal pulled from a chrysanthemum bloom may act as a zipper, and the entire flower may fall apart. Commercial growers stop the flower from shattering with wax and you can, too. When petals are accidentally pulled out, take a lighted candle and let a drop of wax fall onto the spot in the flower where the petals are missing.

After cutting, let the flowers stay in the warm water for about an hour at room temperature. Then move them to a cool location, preferably overnight. Professionals do this. It's called conditioning or hardening, and it keeps stems and leaves crisp and filled with water and will keep flowers from opening. But, except for a few flowers such as roses, a home refrigerator is not the best place. A cellar or garage is better.

There are some flowers that should be conditioned in cold water after cutting. Among these are daffodils, dahlias, forget-me-nots, hydrangeas, poinsettias and poppies. These also require stem searing, which we will explain in a moment.

For most of the other flowers, use warm water after cutting for fresh flowers or for your arrangements. A tepid water temperature especially benefits those blooms with hollow, woody or hairy stems. If, for any reason, the flower has been out of water for a short time—five to ten minutes at most—always make a fresh base cut before reinserting in warm water. As the cut on the stem is exposed to air, a sealing film forms over its surface. This film prevents the absorption of enough water to maintain freshness.

Air bells on the cut surface can prevent *(continued)*

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4 servings





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rnia Avocado Advisory Board

BEAUTIFUL BOUQUETS

continued

water from getting into the stem's capillary tubes. For this reason, let tap water stand about ten minutes before using it for your cut flowers or arrangements. By then, the air in the water will have settled out.

Because air bells formed at the capillary base impede the absorption of water, a few flowers can have their keeping qualities improved by recutting their stems under water. This is especially true of carnations and dianthuses. Others that benefit are snapdragons, Michaelmas daisies, China asters, marguerites, sweet peas and marigolds.

Flowers with milky fluid in their stems "bleed" after cutting. To stop this flow and loss of vital plant fluid, the cut end is seared. The most common way to do this is to use a candle or cigarette lighter and sear each cut end in the flame for about ten seconds. If you cut the seared stem later for your arrangement, it must be seared again.

Lilacs, mock orange, rhododendrons and other flowers with woody stems last better when they are broken off rather than cut. When stems are cut, some growers crush several inches of the cut end of the stems with a hammer. Crushing does not mean pulping, but merely breaking the skin cell structure. I prefer to use a knife and to make several slits in the stem. Both of these techniques expose more area to the water. After crushing or slitting, place in warm water and allow to cool to room temperature.

Flowers with succulent, water-filled stems, such as jonquils, daffodils and calla lilies, do not require deep water in arrangements to keep well. After hardening in water and cool air, they will keep in shallow water.

About foliage: Since submerged foliage decomposes rapidly, strip all foliage below the water level. The exception may be carnations and roses. However, some foliage should be allowed to remain on the nonsubmerged parts of most plants to improve the lasting quality of the bloom. Exceptions here are zinnia, lilac and mock orange. They do better when all leaves are removed.

The pH of the water is also an important factor in cut-flower life. Acid plants like slightly acid water, and alkaline plants like slightly alkaline water. Most are neutral or not fussy. Azalea, bird-of-paradise flower, carnation, delphinium, hydrangea, larkspur, rhododendron and stock like an acid condition. Hollyhock, iris, lilac, mock orange and peony will keep well in water that is slightly alkaline.

To acidify the water, add a teaspoon or two of table vinegar, the specific quantity being dependent upon the pH of the water. Usually alkalinity is no problem. If it is, add a little baking soda.

A teaspoon of sugar to a quart of water is very helpful in prolonging cut flower life. A bit of charcoal helps to keep the water sweet and odorless. There are also a number of prepared chemicals and plant foods that help to keep cut flowers fresh longer. These are available wherever garden supplies are sold.

More important: Cut at the right time and condition, do not allow the stem to wither after cutting, use warm water immediately, treat the stem in the way it needs to be treated, harden overnight and always use fresh water and clean utensils. Then keep arrangements out of drafts, avoid direct sunlight and maintain a cool temperature at night.

Here are some specific suggestions for handling the more common cut flowers.

Aster or China Aster *(Callistephus chinensis):* Cut when three-quarters or nearly fully open. Place in warm water. Recut stems under water. Add solution of 1 teaspoon suger dissolved in 1 cup water. Condition overnight. Leaves wilt, but flowers last ten to 14 days.

Baby's Breath *(Gypsophila paniculata):* Cut sprays when about half the flowers are in bloom. Condition in cold water overnight. Lasts a week or more.

Bachelor's Button *(Centaurea Cyanus):* Cut bachelor's button, also known as cornflower, when fully open. Condition overnight.

Bleeding Heart *(Dicentra spectabilis* and *D. eximia):* Cut when half the flowers on a spray are open. Use care, as stems bruise easily. Condition in cold water overnight. Lasts up to five days.

Calendula *(Calendula officinalis):* flowers when three-quarters open. dition overnight. Lasts one to two we

Campanula—Bellflower *(Campa* sp.*): Campanula Medium* (Canter Bells) is the most popular cut-fl species. Cut when spikes are about open. Stems exude milky fluid. Sear with flame. Condition in warm w Hold overnight. Lasts one to two we

Carnation *(Dianthus Caryophyl* Cut when flowers are about three-q ters open—when pistils are about same length as the petals and the g petals are flat. Recut stems on a s cutting under water is recommen Submerge entire stems in cold water hold in cold area—about 45 to 50°F not remove foliage, as it helps to ab water. In an arrangement, they last to 12 days.

Celosia or Cockscomb *(Celosia ar tea* var. *cristata):* Cut plume or fea type when at least three-quarters o Cut comb or crested type at any velopment. Remove lower leaves. dition until leaves get crisp. Flowers long-lasting, two weeks or more.

Chrysanthemum *(Chrysanthe* sp.*):* Cut when almost fully opened centers are still tight on doubles. stem ends. Remove only the leaves low water. Condition in tepid w Lasts two weeks or more.

Daffodil *(Narcissus Pseudo-Narcis* and **Jonquil** *(N. Jonquilla):* Can be at any stage of flowering. For long cut when buds are showing color. S ing is not necessary to check the flo the sticky fluid if you hold *(contin*



"Fill him *up!"*

977 R. J. Reynolds Tobacco Co

KING: 19 mg. "tar", 1.2 mg. nicotine
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av. per cigarette, FTC Report AUG. '77

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BEAUTIFUL BOUQUETS

continued

cut ends in warm water—110 to 120°F.—for one minute. Splitting the stem ends for 1 inch is recommended but not critical. Condition in deep, cold water. Open flowers last about a week and buds longer.

Dahlia *(Dahlia* sp.*):* Cut when fully opened. Remove lower foliage. Condition overnight in cold water and cool location. Lasts seven to ten days.

Delphinium *(Delphinium* sp.*):* Cut when about half of the flowers on the spike are open. Buds will continue to open. Condition overnight in cold water in a cool location—about 50°F. Add a touch of vinegar. Lasts about a week.

Dianthus or Pink—Annual, Sweet William *(Dianthus* sp.*):* Cut when about half of cluster is in bloom. Split stem ends. Condition overnight. Lasts a week or more.

English Daisy *(Bellis perennis):* Cut when flowers are almost open. Split stem ends. Condition in cold water overnight. Lasts one week. Or you can lift the entire plant, wash soil from roots and condition in cold water.

Forget-Me-Not *(Myosotis* sp.*):* Cut when half of the flowers on a stem are in flower. Condition in tepid water. Let cool and hold overnight. Recut and replace in warm water. Will last four to six days. Or lift entire plant, wash soil from roots and condition in cold water.

Gardenia or Cape Jasmine *(Gardenia jasminoides):* Cut when nearly open. Split woody stem ends. Place in cold water and condition overnight. For short stems in cold water, or dip in cold water store in cool place. Mist flowers and stems in cold water, or dip in cold water to freshen. Handle carefully—petals bruise and discolor easily. Lasts four to six days.

Geranium *(Pelargonium* sp.*):* Cut when cluster is about half in flower. Place in warm water for one hour. Hold in cold water until needed. Lasts about a week.

Heliotrope *(Heliotropium* sp.*):* Cut when more than half a cluster is open. Make the cut to include a part of woody stem. Split stem ends. Condition in tepid water and allow to remain overnight. Keep foliage above water. Lasts three to five days.

Impatiens *(Impatiens Holstii* and *I. Sultanii):* Lasts long and will even root in water under almost any condition.

Iris—English, Dutch, Spanish *(Iris* sp.*):* Cut as first flower opens. Condition in tap water at room temperature. Lasts three or four days.

Iris—German, Japanese, Siberian *(Iris* sp.*):* Cut when first bud begins to unfold. Condition in tap water at room temperature. Lasts one or two days.

Larkspur *(Delphinium Ajacis):* Cut when spikes are one-quarter open. Buds will continue to open in water. Condition overnight in water with vinegar added to make a pH 4.0. Lasts ten days.

Lily of the Valley *(Convallaria majalis):* Cut when about one-quarter of the spray is open and other buds show color. Buds open in water. Place stems in water and condition overnight. After conditioning, florists usually hang bunches upside down in a refrigerator before using for corsages. In arrangements, flowers last about a week.

Marigold *(Tagetes* sp.*):* Cut when flowers are three-quarters open, with centers still tight. Do not place in water immediately but let flowers wilt slightly. Recut stems. Strip lower leaves. Condition in cold water. Lasts almost two weeks.

Pansy *(Viola tricolor* var. *hortensis):* When fully open, pull blossom off plant. Do not cut. Include foliage. Foliage on stem is important. Place stems in cold water and hold overnight. Lasts 4 or 5 days. Or, you can lift entire plant, wash soil from roots and condition in cold water. Lasts about a week.

Petunia *(Petunia hybrida):* For all types, cut flowers when almost or fully open. Flowers and leaves droop after cutting. Strip lower leaves. Place immediately in water. Dissolve sugar or flower conditioner in water, and hold flowers in this solution overnight. Flowers last almost a week.

Phlox *(Phlox* sp.*):* For all types, cut when clusters are over one-quarter open. Split stem ends. Condition in cold water overnight. Lasts ten to 12 days.

Poppy *(Papaver* sp.*):* Cut as loose bud when flower is ready to unfold. Sear stem ends. Condition in cold water overnight. Some arrangers then drop candle wax on the petal base inside the flower. Lasts several days.

Primrose *(Primula* sp.*):* Cut when clusters are more than half open. Condition in warm water and hold overnight. Flowers last for a week.

Rose *(Rosa* sp.*):* In an arrangement, a rose is most attractive when three-quarters open. Cut before this stage. For hybrid teas, cut when outer petals are beginning to unfurl from the bud. For floribundas, cut when several blooms in a cluster are almost open and other buds show color. Cut stems so that two leaf nodes remain on the plant branch to develop new shoots. Cut just above this second node or eye. The rule of thum is: Leave two five-leaflet leaves on th plant. Roses are best cut in the lat afternoon, when the stem and flower ar well nourished and watered. Recut ste just under a leaf node and split. Remov foliage from base of stem but retain a much foliage as possible. Submerge mos of the stem in cold water and hold ove night. Roses will stand refrigeration an can be held for extended periods. In th case, recondition before using by recu ting stems and submerging in fres water. Lasts a week in an arrangemen

Salvia or Scarlet Sage *(Salvia* sp.*):* F blue salvia, cut when lower half of spik is open. Condition in warm water an hold overnight. For scarlet and gentia sage, cut and handle the same, but spl stem ends. Lasts a week.

Snapdragon or Antirrhinum *(Anti rhinum majus):* Cut when half of spike in flower. Condition in tepid water. L stay overnight. Adjust water for pH 4 with vinegar. Use commercial preserv tive. Lasts seven to ten days.

Sweet Pea *(Lathyrus odoratus):* F annual sweet pea, break off stem whe almost completely in flower. For pere nial sweet pea, cut when flower cluste are about half open. Condition in wat at normal temperature overnight. Ad sugar or flower conditioner to wate Lasts about a week.

Tulip *(Tulipa* sp.*):* Cut when full bu Cut above white portion on base of ste Wrap a bunch of tulips in wet paper an submerge in cold water so that only th buds are not under water. Conditio overnight. Lasts four to six days.

Viola—Horned Violet or Tufte Pansy *(Viola cornuta):* Cut when ful open. Buds do not open in water. Su merge entire flower, stem and bloom, a tub of cold water until flowers are cri —about one hour. Remove, shake water, tie in bunches and immerse ste in cold water to condition overnigh Lasts about one week.

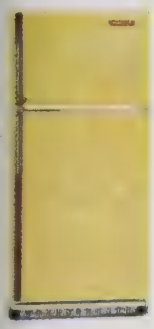
Zinnia *(Zinnia* sp.*):* Cut when flowe are fully open but centers are still tigh Strip almost all the leaves. Condition cold water and hold overnight. Flowe should last ten to 14 days. **E**

THE PATIENCE OF PLANTS

By Jonellen Heckler

These green, dependent leaves
rising from ceramic pots
to brush my kitchen window
always defy accidental neglect.
Gone dry, they wait with nonchalance.
Through them I learn
the deepening, widening strength
of roots in search of sustenance.
Arid seasons prime the will to flourish.

DON'T BUY A TOP-FREEZER REFRIGERATOR UNTIL YOU COMPARE IT TO THIS ONE.



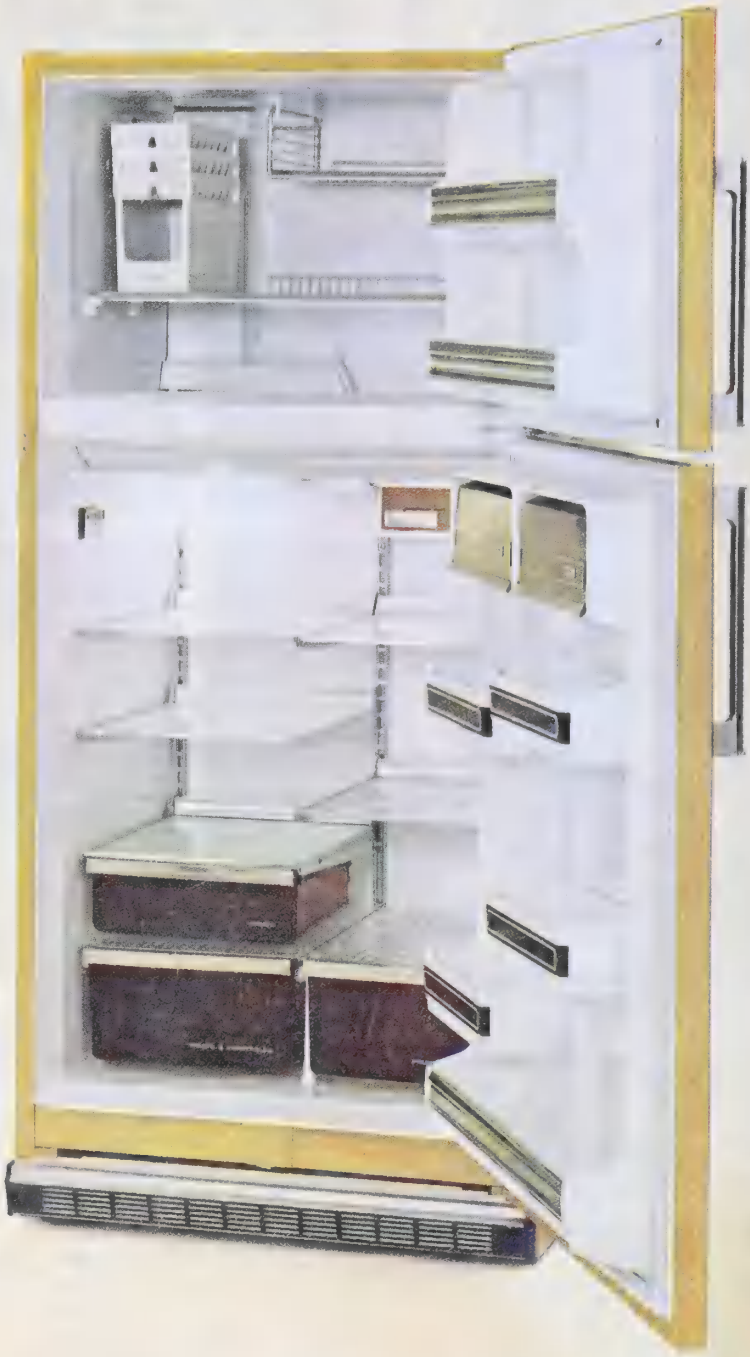
You're probably going to do some comparison shopping before you buy your new refrigerator. We hope you do. We want you to compare other refrigerators to this Hotpoint no-frost (Model CTF21GW). Look at more than just price tags, too. Compare features. Compare service. Compare the total value you get for your money.

1. A freezer that will save you trips to the store. One look inside and you'll know why. It's almost 7 cu. ft. (Our refrigerator's overall capacity is 20.8 cu. ft. and fits in a space just 30½" wide.) The big freezer means you'll have plenty of room to take advantage of money-saving specials. There are two freezer shelves and racks on the door as well. And we've left room for an automatic ice maker (available at extra cost).

2. A family-sized fresh food section. Just under 14 cu. ft., to be exact. And it's flexible capacity. There's an adjustable meat storage compartment. Five split adjustable shelves and adjustable door bins deep enough to hold half-gallon milk cartons.

3. Extras inside and out. Not every refrigerator has two produce crispers. Covered butter and cheese bins. Or a handy Energy Saver switch. This Hotpoint does. And you won't find a refrigerator that has more style.

4. Don't forget to compare service. Dependable service is important. And Hotpoint's Customer Care® service puts you a phone call away from professional service in over 800 cities, coast to coast. So before you buy your new refrigerator, stack it up against this one. Or any of our other refrigerators. We think a Hotpoint will end up in your kitchen.



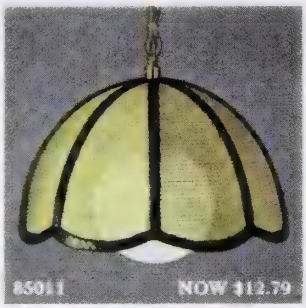
A LOT OF APPLIANCE FOR YOUR MONEY

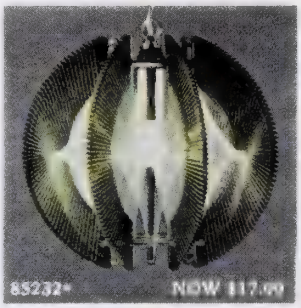
Hotpoint

A Quality Product of General Electric Company

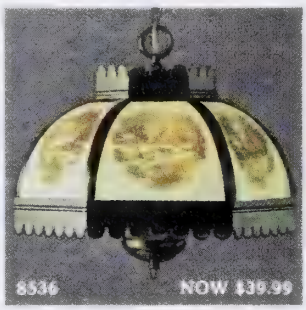
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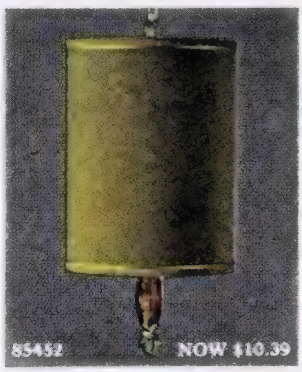

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Sears Lighting Boutique is the place for savings this month, with Sears entire line of Swag Lighting sale priced at 20% off. You can choose from a wide range of Contemporary and Traditional Swags, in many colors, all with durable brass or chrome-plated steel link swag chains. They add a handsome accent to almost any decor. And installation is do-it-yourself easy, with no special wiring needed.

Swag Lighting from Sears Lighting Boutique. On sale now. Available now at most Sears retail stores. Prices higher in Alaska and Hawaii.


85452 NOW $10.39

Sears
Lighting Boutique

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*This fixture on sale through July 29, 1978.

WOMEN of the YEAR 1978

Now in its sixth year, the Ladies' Home Journal program of honors for women of achievement continues its course of leadership and inspiration. The ten recipients of our Women of the Year, 1978, award (shown on the next pages) were selected both by popular and specialized opinion. In our February, 1978, issue, we asked Journal readers to note their preferences among candidates submitted by many sources —including our own readers. Thousands of ballots came in, and a scientific sampling was analyzed by computer. Then a distinguished jury of 12 women leaders (see Editor's Diary, page 16) met in New York to review the top selections and to narrow them down to the ten women we salute here. The Women of the Year will receive their awards at the Loews L'Enfant Plaza Hotel in Washington, D.C. on June 13th, at which time there also will be a salute to the three "Continuing Legends," again selected by our readers and jury, in what amounted to a tie vote.

The 1978 Women of the Year, under the banner of "New Frontiers of Achievement" actually do represent many breakthroughs and fresh realizations. They include a dynamic First Lady, the first woman Secretary of Commerce and the first woman member of the Securities and Exchange Commission. One winner, a Nobel Laureate, feels that "women's awards" are outdated. The prevailing sentiment, however, is that such recognition is meaningful and necessary. And so, here are our winners. They are young and mature; they represent many races and backgrounds. Many skillfully combine active family lives with their careers: fulfilling roles as wives, mothers, women, *persons*.

All certify to the growing talents and recognition of women in every segment of society. Congratulations, too, to all the anonymous women whose personal contributions in their own personal worlds have also earned them that label from admiring friends, families and associates. It has been a good year for *all* women. Which means a good year for *all* people.



ROSALYNN CARTER—The New Social Responsibility—As honorary chairman of the President's Commission on Mental Health, and as the President's emissary to Latin American countries, Mrs. Carter has been an activist First Lady. But her titles do not adequately acknowledge the degree of involvement and hard labor that she puts into her work. She has participated in seminars, workshops and hearings concerned with all aspects of mental health. In her travels, Mrs. Carter speaks on issues of substance in a manner that demonstrates an involvement that is more active than "honorary."



CICELY TYSON—The New Performing Arts (Movies & Television)—Cicely Tyson has repeatedly proven her mettle as an outstanding actress while setting standards—for herself and others—that transcend her work as an actress. Often at the risk of unemployment, she has refused roles that portray black women as stereotypes, and in such movies as *Sounder* and in television shows such as *The Autobiography of Miss Jane Pittman*, and the epochal *Roots*, has played many black heroines. Miss Tyson, well-known on college campuses for her poetry readings, has received a host of awards for her acting and her public service.



ROSALYN S. YALOW, Ph.D.—The New Scientific Community—For Dr. Yalow, winning the 1977 Nobel Prize in Medicine crowned a long and remarkable career as a researcher in the field of medicine. Dr. Yalow became a physicist at a time when women simply didn't do such things, and her persistence in pursuing her life's work—plus her unique talent and scholarship—have benefited humankind. She won the Nobel for her pioneer use of radioactive elements to find and measure minute substances in the blood and body tissue—work done at the Veterans Administration Hospital, Bronx, N.Y.

CHRIS EVERT—The New Sports Equality—Chris Evert started winning tennis titles when she was 14—and has kept winning them for the last nine years. Among the highlights of her career: winning the Wimbledon women's singles championship in 1974 and 1976; the U. S. Open in 1975, 1976 and 1977; the Italian and French championships twice and the U. S. clay court championships four times. She is the first woman since Maureen Connolly to win three straight singles titles at Forest Hills. At one point, she won 113 straight matches. She is currently leading money winner among all female athletes.





CAROL BELLAMY—The New Politics & Government (Local and State)—In her dignified, low-budget campaign as the underdog candidate for New York City Council President (the city's second highest office), former New York State Senator Bellamy demonstrated last November all that can be right with politics. In a startling upset, she became the first woman elected to city-wide office in New York. Ms. Bellamy, a former Peace Corps volunteer, was a founder of New York's first all-woman law firm. While in the State Senate, she distinguished herself on fiscal issues and chaired the Democratic Task Force on the City of New York.



ANNE BANCROFT—The New Performing Arts (Stage & Dance)—Anne Bancroft has received wide acclaim for her work in film, television and on the stage. She won Tony Awards for her portrayal of Helen Keller's teacher, Anne Sullivan, in *The Miracle Worker* (also winning an Oscar for the film version)—and for her role in *Two for the Seesaw*. She has enchanted audiences in such films as *The Graduate, The Pumpkin Eater* and *The Turning Point*, receiving Academy Award nominations for all three. She has appeared on Broadway in *Mother Courage, The Little Foxes, The Devils* and *Golda*.

EAR 1978



UANITA M. KREPS—The New Politics & Government (National)—Scholar, writer, teacher and contributor to many government committees and task forces, Secretary of Commerce Kreps has been actively concerned with the economy and its relationship to labor, women, the aging and the poor on state and federal levels, and while serving on the boards of many U. S. corporations. Formerly Vice President of Duke University, Dr. Kreps is the first woman to be named Secretary of Commerce—and also the first economist to hold that cabinet post.



MARGARET HILLIS—The New Music (Classical Artists)—Margaret Hillis stunned a Carnegie Hall audience last fall—and landed on the front pages of many newspapers—when she stepped in for an ailing conductor and led the Chicago Symphony to triumph in a complex performance. That evening, Miss Hillis, a founder and director of the Chicago Symphony Chorus, simply called upon years of solid musical achievement. Miss Hillis is a onetime Juilliard student, assistant conductor of the Robert Shaw Collegiate Chorale and conductor of the American Concert Choir and Orchestra.



ROBERTA KARMEL—The New Business Leadership—After her graduation from law school, Roberta Karmel spent seven years with the Securities and Exchange Commission, moving rapidly from staff attorney to branch chief, then assistant regional administrator. After a few years in private law practice, Mrs. Karmel was appointed a member of the S.E.C.—the commission's first woman member. Mrs. Karmel is working proof of women's ability to be movers and shakers in an area of decision-making and control that has historically been closed to them.

NATALIE COLE—The New Music (Popular Artists)—Until she finished college, Natalie Cole resisted what came naturally. Then, in 1975, her first record album, *Inseparable*, was released and it rose to the top of all the charts—rhythm & blues, soul and pop. Since then, Miss Cole has won three Grammy Awards and produced two "gold" albums—selling over a million copies each. The daughter of the late Nat King Cole has worked hard to achieve success in her own right. She has succeeded, from the U. S. to Japan and points between—with her tours and records.





The Continuing Legends—The votes of both readers and jury were so close, the *Journal* decided to honor the memories of all three of these inspiring women in American history.

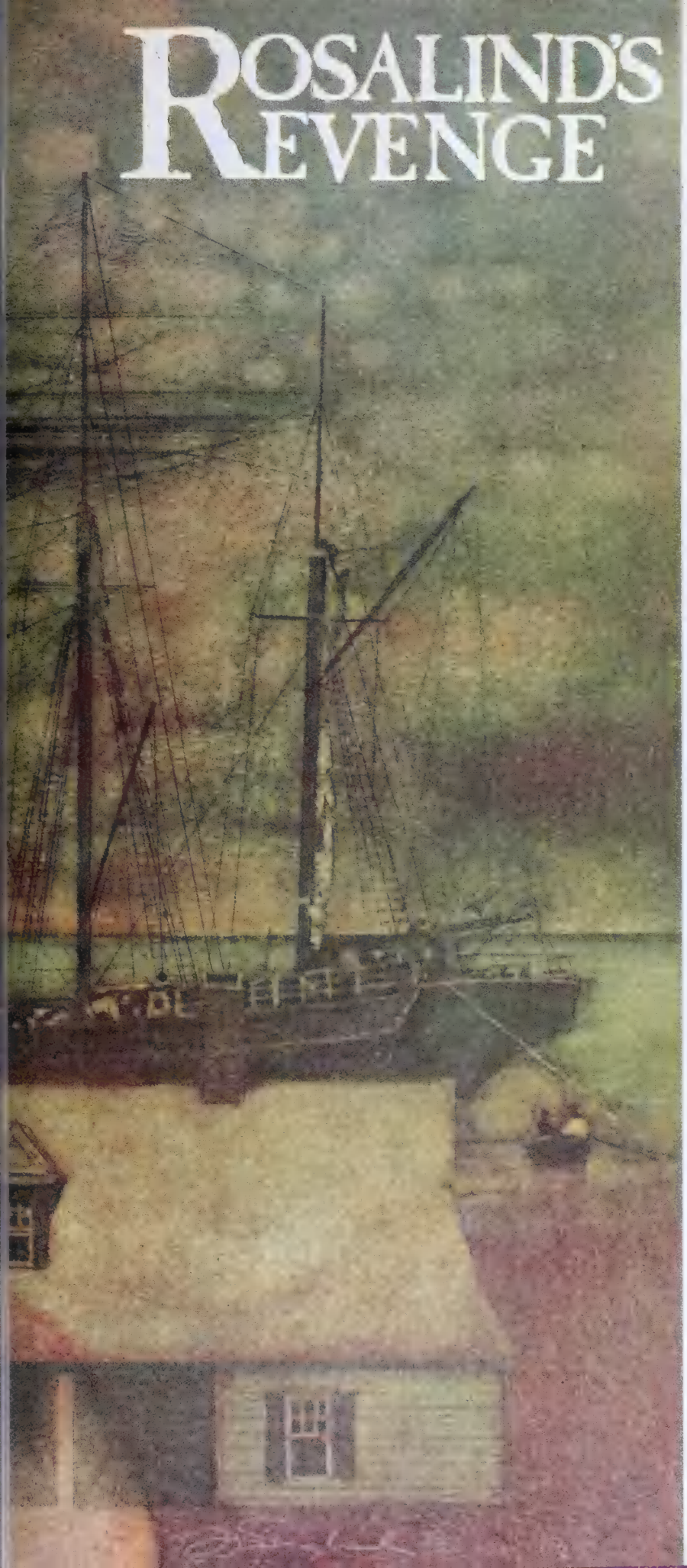
ELIZABETH CADY STANTON (1815-1902), *left:* Mrs. Stanton is considered one of the founding mothers of American feminism. She and Lucretia Mott were the architects of the women's rights convention held in Seneca Falls, N.Y. in 1848. Mrs. Stanton first became interested in fighting for women's rights after she was refused admission to an international abolitionist meeting.

ELEANOR ROOSEVELT (1884-1962), *center:* Mrs. Franklin Delano Roosevelt served as her husband's aide and emissary during his administrations—the first activist First Lady. Widowed, she continued her humanitarian and political activities, serving as a U. S. delegate to the United Nations General Assembly and chairman of the U. N. Human Rights Commission. (She was also a *Journal* columnist.)

HELEN KELLER (1880-1968), *right:* Helen Keller was born blind and deaf. With the help of teacher Anne Sullivan she triumphed over handicaps to live a life of happiness and usefulness to others—and to make the way easier for other handicapped women.



ROSALIND'S REVENGE



AN EXCLUSIVE EXCERPT FROM **CHESAPEAKE...** A GREAT NEW NOVEL **BY JAMES A. MICHENER**

She was a solitary woman, sailing into an unknown world. Thrust into an arranged marriage, she fiercely resisted her husband's other life with his beautiful mistress. Through turbulent decades, she battled marauding pirates—and won. Meet Rosalind Janney, a heroine you will never forget. First of two parts.

On September 14, 1701, Rosalind Janney set forth on one of the saddest journeys a woman can take. She was leaving her respected home, her family of distinguished ancestry, her two sisters and the dogs and horses that loved her. She was also surrendering one of the loveliest plantations in Tidewater, Virginia, and heading for some primitive wilderness in Maryland across the bay, and that was true misery.

But she was determined to make this sad journey in what her family would describe as good spirits. She had been born 26 years ago an ugly child—"And that's a curse when it's a girl," said her mammy—but in spite of her forbidding looks, her lively father had insisted upon naming her after one of Shakespeare's most beautiful and witty women, Rosalind of *As You Like It*. "Fair Rosalind," he called her, and all who heard this doting description had to be aware of its inappropriateness.

As a child, Rosalind burned inwardly at this teasing, for no matter what jokes her father made, no matter what passages he read from the play in which the real Rosalind appeared, she knew that her face was too large, and too red, and too filled with protruding teeth. When she reached the age of 12 and could read Shakespeare for herself in the heavy book the Fithians had sent, she found the play ridiculous.

Her mother promised, "When you're older, Roz, everything will fall into place." This did not happen. She grew tall and no discipline at *(continued on page 147)*

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From CHESAPEAKE, by James A. Michener, to be published by Random House, Inc.
ILLUSTRATION BY MARK ENGLISH.

YOUR SUMMER BEAUTY IQ

Ready for summer? To bask in the sun and look beautiful? Wait. Before you take the plunge, take a glance at some of these common misconceptions, and then check the real truths. A few answers will startle you, others are simply good reminders. Read on—and see how well you'll score for summer '78. By Maureen Lynch, Health and Beauty Editor

"When I have a tan, I don't need to wear any makeup."

Sound familiar? However, the message today is that makeup does more than add pretty color. It protects. You'll be amazed at how many makeup products come with a built-in sunscreen. Everything from a film of moisturizer to a streak of lip gloss. (See Beauty Journal, page 54, for details.) Doesn't that make sense when you think of all those times you face the sun exposed (if only for a few minutes)? Strolling, shopping, lobbing a tennis ball, lunching on the patio. Another reason to wear summer makeup: it's almost impossible to get a perfectly even tan. You'll probably need a foundation to smooth things out. Last (but not least) lots of color against a tawny tan looks absolutely sensational!

Photographs by John Lawlor. Hair and makeup by Bruce Clyde Keller. At right: Ultra Color Gel Stick in "Bronzelit Beige," Blushing Creme in "Tender Blossom" and Super Luscious Gloss Stick in "Shining Blossom," all containing sunscreens, all Ultima II by Revlon. Blouse by Paula Saker.



"It's a good idea to let your feet toughen up for summer action."

Wrong. It's an old wive's tale that sports buffs should build up protective calluses. Don't. Get a good pedicure to remove calluses and heel ridges. Check shoes, wear socks. In fact, at peak visibility, keep feet looking terrific.

Bright color on the toes: "Stormy Sunrise" Nailslicks by Cover Girl.



YOUR SUMMER BEAUTY IQ

"I'm in-and-out of the water so much, I'll let my hair go until fall."

Tempting, but terrible idea. With summer's high humidity, chlorine, salt and such, hair needs maximum, not minimum, care. Whether yours has the tendency to turn frizzy or hang limp (at right), it's fine to go natural—but in style. Keep up a free and easy cut. Since hair grows faster in the summer (up to 1" a month versus ½" in winter), don't go for a day longer than six weeks between trims. Wash hair often to get rid of excess oil, perspiration. Follow through with a gentle conditioner. Your sun-drenched hair will soak it up quickly, gratefully.

For hair emergencies, L'Oreal's The Hair Fixer to rebuild, reinforce, repair damage. For continuing care, L'Oreal's newly reformulated Protein Shampoo for Dry, Normal, Oily or Tinted Hair. Hair and makeup by Bruce Clyde Keller. Opposite, red swimsuit by Cole of California, green swimsuit, Elon, by Monika Tilley. Sunglasses by Givenchy for Unico. Towel by Martex.



"I'm so active on weekends, I can skip my daily exercises."

Guess again. According to Dr. Lenore R. Zohman in "Exercise Your Way to Fitness and Heart Health," if more than 2 days elapse between workouts, any gains will start being lost. Minimum activity: 3 times per week. Weekend splurges actually place more strain on your heart, muscles. In fact, a one hour push every Saturday probably does more harm than good.

Leotard by Capezio Ballet Makers.





"I've read so many scary things about getting a tan, I'm afraid to go out in the sun this summer."

It's good to be on guard—but you can take some sun, if you do it safely. For most people, it's okay to get a touch of tan—slowly, sanely with a sunscreen. Others with more vulnerable skin (fair, aging, sun-sensitive), need stronger sun blocks and large straw hats! But no one can afford to be careless and just get burned. The sun is no joke. Never forget, sunburn is a trauma to your skin. The newest lowdown on sun damage is that it's 1. permanent; 2. irreversible; 3. cumulative. That means the beach-bumming summer three years ago may show up as wrinkles (or worse) sometime later. "Still," you might ask, "is it possible to go to the beach and work on a tan?" Yes. Here's the good news: There are now all kinds of sun protection systems on the market, made for different types of skin, different times of sunning (details in Beauty Journal, page 54). One suntan fact brought to light by Dr. Thomas B. Fitzpatrick, professor of Dermatology, Harvard Medical School, fascinates us. It seems that there is a pigment in your skin that keeps on tanning for about two weeks after initial sun exposure. Think about that. You'll still be getting browner after you're back home.

Hair and makeup by Sharon Slattery. All swimsuits, Ekon by Monika Tilley. Sunglasses by Menrad, courtesy of Meyrowitz Opticians. Towel by Fieldcrest. Sunfish courtesy of AMF.

YOUR SUMMER BEAUTY IQ

nce I find a look I like, I stick it—winter or summer."

ot so. Don't you pare down your othes and lift up your spirits come mmer? Makeup, too, should lighten and ighten. Shelve those plums and deep ssets, switch to vivid corals, bright ricots. Near right: model with pretty, but ntry face. Far right: she's wearing same undation but upped-for-summer lips, eeks, eyeshadow.

mer makeup: Eyes lined with Eyestyler pencil in "Nutmeg," Fresh Peach" Blush/Brush and "Chinese Coral" Fresh & Lovely ture Whip lipstick, all by Maybelline. Blouse by Paula Saker.





Be Lavish with Lace

Lace is the frosting on the cake. It decorates deliciously, sweetening whatever it touches. Be turn-of-the-century outrageous with a nook, a cranny, an entire room. Lavishes of delicate lace will make you feel pretty and pampered. Indulge. *Opposite:* Lace graces a lampshade, tablecloth, cushions as fancy as an Edwardian ballgown. *Below, left:* Romantic froths—wedding portrait frame, cologne bottles, baby pillow, coat hanger, sachet. *Right:* Velvet box, pincushion and needle-berry. How-to suggestions, page 159.
By Nathan Mandelbaum, Director of Interior Design.



Wright's trimmings; E. C. Carter lace curtaining; The Wicker Garden furniture; Morjikian rug.

Photographs by Nick Samardge



Eight days out of a suitcase



Pack up all your cares and go – off on a summer vacation. To help you take some trauma out of travel, here's our super-pack plan for fitting one week's needs into one easy suitcase. By Trudy Owett, Fashion Editor.



Three vacations: **suggested, no-laundering packing lists for three suitcases. Include your own basics (underwear, sleepwear, toiletries, sports' extras).**

Crosscountry by car: *left*. Ample room in a zip-up, soft-sided suitcase (26″ x 20″ x 8″). This one in brushed denim by Samsonite, $85. Take 3 skirts; 4 pants (including 2 jeans); 3 blouses; 3 casual shirts; 5 T-shirts; 1 dressy dress; 2 swimsuits; swimsuit coverup; 4 pair shoes (walking, sandals, evening, sneakers); a cardigan; lightweight shawl; raincoat; shoulder tote; small bag for evening; canvas hat; neutral jewelry.

Camping out: *center*. All fits in waterproof nylon pack with web handles (14½″ x 18″ x 5½″). To hand carry or strap on back; outside pocket for more storage. By Kreeger & Sons, $45. Bring 4 pants; shorts; 7 T-shirts; 3 sporty shirts; 1 casual skirt for town; 3 sweatshirts (1 front-zip); rainsuit or jacket; 8 pair socks; 4 pair shoes (2 sturdy, 1 sneakers, 1 sandals); 1 pair rainboots; 2 swimsuits; belts; canvas hat; day pack.

At the shore: *right*. Neat duffel-type soft bag (19½″ x 11″ x 11″) holds everything. Removable shoulder strap. Ventura, $77.50. Plan on 2 skirts, 3 pair pants (including 1 pair jeans); 2 shorts; 6 short-sleeved or tank-top T-shirts; 2 long-sleeved turtleneck or T-shirts; 2 dressy shirts; 2 sundresses; 3 swimsuits; beach coverup; 44″ square scarf; zip-up sweatshirt; shirt-jacket or cardigan; 3 pair shoes (espadrilles, sandals, sneakers); rain jacket or poncho; canvas tote; beach hat; clutch bag, bright bangles.

Color photographs by Joshua Greene. Hair and makeup by Leonardo de Vega.
Shopping information on page 162. All prices approximate.

t the shore: our pick of great casuals take away to the shore. Breezy oks for sunny times – everything refree and colorful....

ockwise, from top:

nder the sun – billowy big shirt, per- ct cover over swimsuits or pants. By Paul . Ropp for India Nepal, $20. Tinted nglasses, Halston for Bausch & Lomb, 4. Straw hat by Halper Bros, $11.

ay or night – slip-into a sun- ess that floats from string straps. r Wayne Rogers, $28. Hair flower Sigma. Bright bangles by Catherine ein. Jute-and-linen-espadrilles Kinney, $13. Umbrella by espo/Knirps.

reat-fitting swimsuit – aillot with keyhole opening, in h terra-cotta. From Sears, $16.

le it on – A 44-inch print square s as a sarong or as a shawl – y way you want. By J.C. Penney, . Here, over sexy strapless kini with front knot. Elon by nika Tilley, $26.

ucking hint: Stack clothes in layers your suitcase for minimal crushing.



Crosscountry by car: **For smart sightseeing, anywhere from the rocky coast of Maine to the Golden Gate, here, some great basics in neutrals that mix and match....**

Clockwise, from top:

Have poncho, will travel– for rain emergencies, a cowl-neck poncho, which folds up into its own little pouch. By Lloyd Allen, $23.

Put-together with style– a great travel look in khaki twill. Easy pocketed dirndl skirt, $29, and open vest, $25. Both, Gamin. Snappy plaid shirt has new roll-up sleeves, band collar. By Crazy Horse, $24. Fishnet shoulder tote holds all your daily loot (shopping, camera, sundries). From Sears, $16. Timex watch. Good-for-strolling canvas espadrilles by Jacques Cohen, $22.

Neat and natural, wear-with-everything string cardigan. By Rosanna, $30. Pleated trousers with relaxed wrap-tie. By Happy Legs, $25. Canvas hat by Commodore, $8. Brown ombre sunglasses, Halston for Bausch & Lomb, $34. Wooden bangles by Catherine Stein. Rubber-sole walkers by Seven Star Shoes.

Dining or dancing? Flirty jersey dress-up dress for evenings on the town. With own jacket (not shown) to cover up in air-conditioned places. By Clovis, $130. Jewelry, LeCour Johnson. Strappy sandals by Golo.

Packing hint: Take extra plastic hangers for steaming out clothes near the shower.



Shopping information on page 162. All prices approximate.



mping out: **Whether in tent or mper, wear fun but rugged clothes like ese – and explore the great outdoors....**
ockwise, from top:
oughing it – cozy warm socks by nnie Doon, in lots of colors, 65. Sturdy leather-lace mocassins by ss Squeejuns, $28.
eady for action – two-piece rubber-d nylon rainsuit (pants not shown) by ademy Broadway Corp., $18.95. Over oop-neck T-shirt by Nugal, $8.50. ockabout olive drab pants with ankle s. By U.F.O., $30. L.L. Bean web belt, 50. Timex watch. Foul-weather boots, erry Top-Sider by Uniroyal, $25.
ide for hiking – classic cargo shorts h deep pockets. By Woolrich, $14. Plaid ari shirt, Wrangler, $18. Canvas hiking , Halper Bros., $14. Bushnell Explorer oculars.
ight back-packing – for day-tripping, ylon pack that folds compactly into its n pocket. By Academy Broadway Corp., 95. Rugger-striped shirt, $14, and twill ing britches, $13; both, L.L. Bean. Sport nglasses that adjust to changing light, rBan Ambermatic, $38.
cking hint: Roll things up and ff corners.

1 Three-Melon Bombe; High (but not extreme). Summery stripes of cantaloupe, watermelon and honeydew sherbet. 250 calories each serving. **2** Rhubarb Flan; High. Ruby fruit jumbled in custard. 265 calories each. **3** Crustless Blueberry Cobbler; Low. Crunchy topping, lemon yogurt sauce. 140 calories each. **4** Delta Queen Cake; High. A chocolate lover's dream. Fudge-like center, rich chocolate glaze. 345 calories each. **5** Pineapple Upside-Down Cake; Low. Secret: unsweetened juice. 135 calories each. **6** Capuccino Mousse; Low. Yummy, a mere 65 calories each. Recipes begin on page 134.

HIGH LOW ?

A guess-the-calorie game for 12 tempting desserts.

Surprise! Some of these heavenly desserts are "high" (meaning a delicious splurge) in calories—some are extra "low" (soul-satisfying but not sinful). Take a guess. Check off *H* or *L*, then turn the page upside-down to find the answers. More on the next page...

Photographs by Irwin Horowitz

Delta Queen Cake

4 H / L

Three-Melon Bombe

1 H / L

7 Frozen Strawberry Yogurt; Low. Churned in ice cream maker. 160 calories each. **8** Citrus Soufflé; Low. Fresh and light. 115 calories each. **9** Nectarine Custard; Low. Creamy, good. 170 calories each. **10** Kiwi Lime Meringues; High. Exotic and airy. 400 calories each. **11** Chocolate Banana Cream Pie; High. Walnut crust, apple jelly glaze. 400 calories each. **12** Orange Ice Cream Cake; High. Whipped cream frosting. 565 calories each. Recipes, page 134.

HIGH LOW ?

Guessing calories can be tricky. How did you fare on the first six (previous pages)? Here are six more to challenge your senses. One clue: just because a dessert is fruit-strewn doesn't make it diet-conscious. Check *H* or *L*; turn the page around for correct count. High or low—all are sensational.



H / L **7**

Frozen Strawberry Yogurt

Kiwi Lime Meringues

10 H / L





How America Entertains

Multiple courses are the style of Indian feasting, a happy challenge to a well-organized gourmet club and to an inquisitive cook who wants a new dish to try on a simpler menu. Shopping list, timetable, recipes, page 114.

INDIAN GOURMET DINNER
(Serves 8)

APPETIZERS
Shrimp Kofta Beef Samosas
Pimm's Cup or Beer

ENTREE
Lamb and Pork Vindaloo
Chicken Do Pyaza
Vegetable Curry Spicy Rice

BREAD
Poori

CONDIMENTS
Dal Onion Relish Chutney
Cucumber Raita

DESSERTS
Gulab Jamun Kulfi Fresh Fruit

PASSAGE-TO-INDIA PARTY

The true excitement of a gourmet club or gathering of food-oriented friends comes in exploring new cuisines. Terrific one to try: spicy yet subtle Indian fare. For all the exotica, it's relatively easy and economical. And if each couple prepares and shares several dishes—all can feast like maharajas.
By Sue B. Huffman, Food and Equipment Editor.

Photograph by Nick Samaridge

PASSAGE-TO-INDIA

continued

Our introduction in January of the gourmet club concept as part of our "How America Entertains" series struck a responsive note with readers.

Enthusiastic cooks from around the country have written us, telling of their group's food and wine activities. Many prepared our Italian Gourmet Dinner verbatim, even making their own pasta.

This month we embark on another culinary adventure—into the exotic world of Indian food. In this menu we have attempted to marry authenticity with our American palates, and while the dishes are appropriately hot, we don't think any are TOO hot.

We have divided up the menu so that each of four cooks prepares a certain number of dishes.

Although we normally plan entertaining menus with virtually no last-minute food preparation, it was impossible here. Much of Indian food is fried (in our menu, the two appetizers—Shrimp Kofta and Beef Samosas—and the bread, Poori), and though we tried frying in advance and reheating, it just didn't work. Hence, even though we're not wild about the smell of frying oil permeating the house, we suggest deep-frying just before serving.

Assorted cocktails can be served with the appetizers, but we prefer Pimm's Cup and beer. In fact, those are the beverages we tend to drink all through an Indian meal, although some of our Indian friends choose iced water.

The three entrées, rice, Poori and condiments should all be served together. You might find it easier to serve buffet style, then sit at the dining table since there are so many dishes. It's also traditional to have a small bowl of fennel seeds for refreshing the palate after the spicy meal—SBH

INDIAN GOURMET DINNER

(Serves 8)

APPETIZERS

SHRIMP KOFTA BEEF SAMOSAS

PIMM'S CUP OR BEER

ENTREE

LAMB AND PORK VINDALOO

CHICKEN DO PYAZA

VEGETABLE CURRY SPICY RICE

BREAD

POORI

CONDIMENTS

DAL ONION RELISH CHUTNEY

CUCUMBER RAITA

DESSERTS

GULAB JAMUN KULFI FRESH FRUIT

FOOD CHECKLIST

First Cook-Hostess (Pimm's Cup, Beer, Vegetable Curry, Kulfi, Coffee, Tea)

- 4 six packs of beer
- 2 bottles Pimm's Cup No. 1
- 3 quarts club soda
- 2 cucumbers
- 1 can (14 oz.) sweetened condensed milk
- ½ pint heavy or whipping cream
- ½ cup unsalted, shelled pistachio nuts
- Cumin seed
- 1 can (20 oz.) chick peas
- 2 limes, for juice
- 1 bag (20 oz.) frozen green peas
- 1 bag (32 oz.) frozen hash brown potatoes
- 1 can (4 oz.) green chilies
- Ground coriander
- Turmeric

Staples to have on hand:

- 3 large onions
- 2 quarts salad oil for deep frying
- Vanilla extract
- Salt
- Coffee, tea
- Bay leaves

Second Cook (Shrimp Kofta, Samosas, Onion Relish, Chutney)

- Crushed red pepper flakes
- Ground coriander
- Ground cumin
- Turmeric
- 1 green pepper
- 1 red pepper
- 1 bunch fresh parsley
- 1 can (6 oz.) tomato paste
- 2 lemons
- ½ pound frozen cooked shrimp
- 1 can (4 oz.) green chilies
- ¾ pound ground beef
- ¾ cup frozen green peas
- 1 jar Indian mango chutney

Staples to have on hand:

- 2 quarts salad oil
- Salt
- Cayenne pepper
- Cinnamon
- Garlic cloves
- 2 pounds onions
- 1 egg
- ½ cup dried bread crumbs
- All-purpose flour
- Shortening
- ½ cup catsup
- Cider vinegar
- ½ cup mashed potatoes

Third Cook (Chicken, Rice, Raita, Dal)

- 1 package (6 oz.) saffron rice mix
- ¾ cup slivered almonds
- Ground coriander
- Turmeric
- Fennel seeds
- Ground cumin
- Ground cardamom
- Whole cardamom
- Cinnamon sticks
- Whole cloves
- Crushed red pepper flakes
- ¾ cup seedless raisins
- 1 package (16 oz.) yellow split peas
- 12 large shallots
- Fresh ginger root
- 1 cucumber
- 4 whole chicken breasts
- 3 cups plain yogurt
- 1½ cups chicken broth

Staples to have on hand

- Sugar
- 3 cups long-grain rice
- ½ cup shortening
- All-purpose flour
- Salt and pepper
- Cayenne pepper
- ¼ cup cider vinegar
- Salad oil
- 5 large onions
- Garlic cloves
- Bay leaves
- Ground ginger

Fourth Cook (Vindaloo, Poori, Gulab Jamun, Fresh Fruit)

- 1½ pounds boneless lamb shoulder
- 1½ pounds boneless pork shoulder
- 3 cans (4 oz.) green chilies
- Crushed red pepper flakes
- Turmeric
- Cayenne pepper
- Ground cumin
- Cumin seed
- Ground cardamom
- Ground coriander
- Assortment of fresh fruit
- 1 can (6 oz.) tomato paste
- 2 limes
- 1 lemon
- 2 tablespoons rose water (available in drug store)
- Buttermilk baking mix
- Instant non-fat dry milk (1 cup)
- 1 cup heavy or whipping cream
- 1 cup whole-wheat flour
- 2½ cups chicken broth

Staples to have on hand:

- 7 large onions
- Garlic cloves
- 2 quarts salad oil
- Salt and pepper
- Cider vinegar
- Baking soda
- Shortening
- Sugar
- All-purpose flour
- Ground cinnamon

SCHEDULE FOR INDIAN DINNER

ALL COOKS

One month before:

1. Plan menu.
2. Assign food preparation.
3. Buy spices.

One Week Before:

1. Purchase non-perishable ingredients.
2. Select serving dishes.

FIRST COOK

One Day Before:

1. Purchase perishable ingredients.
2. Make Kulfi; freeze in serving dishes.
3. Chill beer.

Morning of Party:

1. Set table.
2. Set up bar.
3. Slice cucumber sticks for Pimm's Cup, wrap.

Three Hours Before Party:

1. Set up deep-fat fryer.
2. Prepare coffee; do not brew.
3. Prepare Vegetable Curry; cover, leave at room temperature.

SECOND COOK

One Day Before:

1. Purchase perishable ingredients.
2. Make meat filling for Samosa.

Morning of Party:

1. Make dough for Samosas.
2. Make Shrimp Kofta; cover, refrigerate.
3. Prepare onion relish; cover, refrigerate.

THIRD COOK

One Day Before:

1. Purchase perishable ingredients.
2. Prepare chicken, Dal and Raita.

Two Hours Before Party:

Prepare rice: keep warm in a 200°F. oven.

FOURTH COOK

One Day Before:

1. Purchase perishable ingredients.
2. Prepare Pork and Lamb Vindaloo.
3. Prepare Gulab Jamun; cover, refrigerate.

Morning of Party:

1. Prepare Poori but do not fry.
2. Arrange fruit in basket.

AT PARTY WHEN GUESTS ARRIVE:

FIRST COOK

1. Heat oil to 375°F.
2. Put out ice, cucumber sticks and beer.
3. Preheat oven to 200°F.
4. Prepare and serve Pimm's Cup and other drinks.
5. Warm vegetable curry over medium heat 10 minutes before serving.

SECOND COOK

1. Place chutney and onion relish in serving dishes; leave at room temperature.
2. Fry Shrimp Koftas and Samosas. (This will take less time if you have two deep-fat fryers at the party.)

THIRD COOK

1. Heat Dal; spoon into serving dish. Cover and leave at room temperature.
2. Spoon Raita into serving dish; refrigerate.
3. Place rice in 200°F. oven to keep warm.
4. Warm chicken over low heat 30 minutes before serving.

FOURTH COOK

1. Arrange Gulab Jamun in serving bowl; keep at room temperature.
2. Fry Poori; keep warm in 200°F. oven.
3. Warm Vindaloo over low heat 30 minutes before serving.

TO SERVE:

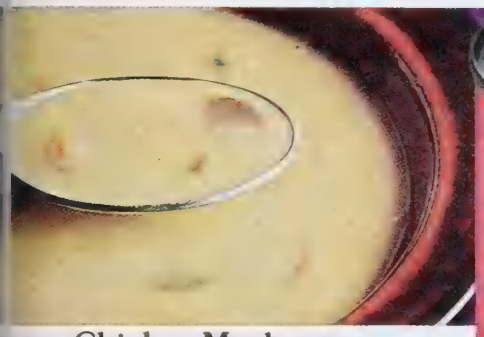
1. Serve Shrimp Kofta and Beef Samosas with drinks.
2. Serve Lamb and Pork Vindaloo, Chicken Do Pyaza, Vegetable Curry and Rice with assorted condiments and Poori.

(continued on page 118)

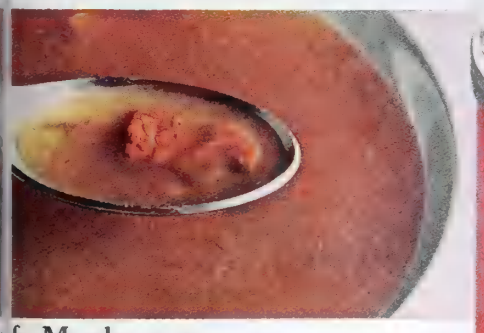
ntroducing two new soups with split personalities:

GREAT FOR EATING

Superb for Cooking











ımy Chicken Mushroom

nch, at dinner, or in between, ıpbell's new Creamy Chicken hroom Soup really hits the spot. e with pieces of chicken and lots of hrooms in a creamy base.

Chicken Suprême

2 whole chicken breasts (about 1½ lb.), split
2 tbsp. shortening
1 can Campbell's Creamy Chicken Mushroom Soup
⅓ cup milk
¼ tsp. thyme leaves
1 can (8 oz.) mixed vegetables, drained
1 tbsp. chopped parsley

In skillet, brown chicken in shortening; pour off fat. Stir in soup, milk, and thyme. Cover; simmer 30 min. or until done. Stir occasionally. Add remaining ingredients; heat. Serve with cooked rice. 4 servings.

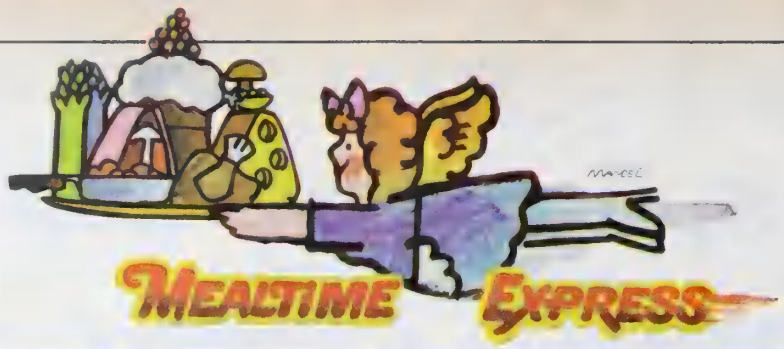
fy Mushroom

's a hearty-tasting new beef soup whole family will go for in a big way. ıpbell's new Beefy Mushroom. Made beef, mushrooms, and onions all ed together in a robust beef stock.

Salisbury Bourguignonne

1 can Campbell's Beefy Mushroom Soup
1½ lb. ground beef
½ cup fine dry bread crumbs
1 egg, slightly beaten
¼ tsp. salt
3 slices bacon
⅓ cup water
¼ cup Burgundy or other dry red wine
1 small clove garlic, minced
¼ tsp. marjoram leaves, crushed

Mix *thoroughly* ⅓ cup soup, beef, bread crumbs, egg, and salt. Shape into 6 oval patties. In skillet, cook bacon until crisp; remove and crumble. Pour off all but 2 tbsp. drippings. Brown patties in drippings. Stir in remaining soup, water, wine, and seasonings. Cover: simmer 20 min. or until done. Stir occasionally. Serve over cooked noodles; garnish with bacon. 6 servings.



June boon—dozens of fast food ideas including our new "Secrets from a Chef."

A noted food expert from California shares quick tips

It just takes a glance at the menu of Narsai's Restaurant (North Berkeley, Calif.) to know: someone daring and caring about foods and wines presides there. He's Narsai David, restauranteur extraordinaire, caterer, wine columnist, TV showman. Dining at his place on Monday nights is a foreign adventure where different cuisines, from Turkish (Circassian chicken) to East African (Zanzibar duck), are explored. The regular menu somewhat reflects the owner's Assyrian heritage, listing tabbouleh (cracked wheat salad) or an herbed rack of lamb marinated in red wine and pomegranate juice. We asked the flamboyant Mr. David to be the first spokesperson in our new "chef's secrets" series. Here, he shares some fast thoughts on cooking:

• To cut down on cost and calories, substitute ground turkey in place of hamburger for spaghetti or chili sauce. • Another economical and nutritious variation—use thinly sliced chicken breast instead of veal. Just take care not to overcook as it dries out quickly. • Try a pinch of sugar and a few drops of lemon juice instead of MSG. • For a low calorie salad dressing, lean toward plain yogurt, not oil, in your favorite recipe. • A delicious twist—steam fish in foil with white wine instead of poaching with water. • Try crunchy alfalfa or cress sprouts in salads instead of lettuce. • If you want to cut down on your salt intake, squeeze on a wedge of lemon and increase the flavor with minced garlic or a pungent spice such as cumin, fresh ginger or dry mustard. • When cooking a fish dish, make more than you need—intentionally. Then chill leftovers, de-bone (if necessary). Mix with mayo and chopped celery. Use in place of tuna for sandwiches—it's a nice change. • Grind leftover cooked meat, toss with onion, dill pickle and prepared mustard for a deviled sandwich spread. • When cooking with wine or liquor, always add early enough to allow the harsh taste of alcohol to burn away.

Hi-Ho, the Dairy-O

What marvels the supermarket dairy case holds for easy pick-me-ups or even instant entertaining. Take a stroll down the aisle with us and see what magic can be made:

Reuben English. Jolly chaps, made with four split English muffins, toasted lightly under the broiler. Spread spicy mustard on each half, top with a slice of corned beef, a spoonful of sauerkraut and a slice of Swiss cheese. Broil for 3-4 minutes until cheese is melted and bubbly. Serves 8.

Frosty Banana. Incredibly smooth and cool. Toss 2 eggs, 1 cup of milk, 1 container of vanilla yogurt and 2 bananas into the blender. Flick the switch. Refrigerate until time to drink. Serves 3-4.

Cherry Jubilee Pie. A jubilation—looks like you fussed. Stir together 1 container (4½ oz.) frozen whipped topping, 1 cup sour cream and 1 teaspoon vanilla extract. Fold in a can (21 or 22 oz.) cherry pie filling. Pour into a prepared graham cracker pie crust (8 inch). Chill 1 to 2 hours. Serves 8.

Yogurt Yummy. A dessert as breezy as 1-2-3. Stir two containers of fruit-flavored yogurt with 1 can (21 oz.) prepared vanilla-flavored pudding until smooth. Pour into 6 dishes. Sprinkle with shredded coconut and chill. Yummy!

Orange Snow Dressing. Great on any salad, particularly one of fresh fruit. Blender-mix 8 oz. of cottage cheese, ½ cup sour cream, 1 tablespoon sugar, 2 tablespoons frozen orange juice concentrate, dash of salt. Makes 1⅔ cups.

Quick Picks

In a rush? Here's a trio of speedy but tasty meals—all to serve with a smile in about 30 minutes of your precious time.

French Onion Fish

Remember to thaw a package (16 oz.) of frozen fish fillets. When about ready, preheat oven to 450°. Put fillets in a shallow baking dish; sprinkle with salt. Spread an 8-oz. container of French onion dip evenly over fish. Top with 2 tablespoons bread crumbs, dot with butter. Bake for 10 minutes or until fish flakes easily when tested with a fork. Serves 4.

Mac and Franks

Set oven at 375°. Combine contents of one 7.25 oz. macaroni and cheese dinner (don't cook macaroni) with ¼ cup butter or margarine, 2 cups boiling water and 1 cup cottage cheese in a 2-quart casserole. Stir in 6 frankfurters, sliced. Cover, bake 20 minutes. Uncover; stir and bake 15 minutes more. Stir before serving. Serves 4-6.

Hash N' Eggs

Preheat oven to 350°. Mix 2 cans (15 oz. each) roast beef hash, ½ cup catsup and ½ teaspoon onion powder in a bowl. Divide into four 10-oz. ovenproof dishes. Make a depression in the hash. Bake 15 minutes. Break an egg into each depression, sprinkle with salt and pepper to taste. Bake 15 more minutes or until egg is done. Serves 4.

Illustration by Saul Mandel

When the sun beats down, ave a dessert that won't fill you up.



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f there's one thing you don't on a hot summer's day, it's a dessert that makes you feel o have Jell-O® Gelatin des- They're not only light, e delicious, too. If you want ke a dessert your family will nake a Jell-O® Gelatin r. There's nothing quite like' er the sun.

Melon Cooler

1 honeydew melon (about 5 lbs.) • 1 package (3 oz.) Jell-O® Brand Lime, Orange or Strawberry Flavor Gelatin
1 cup boiling water • 2 cups ice cubes • 1 banana, sliced

Cut melon in half lengthwise; scoop out seeds and drain well. Dissolve gelatin in boiling water. Add ice cubes and stir until gelatin begins to thicken, about 3 minutes. Remove any unmelted ice. Stir in banana. Place melon halves in small bowls; spoon in gelatin mixture. (Chill any excess fruited gelatin in a dessert dish.) Chill until firm. Cut in wedges. Makes 6 servings.



Jell-O® is thrilling but not filling.

BRAND GELATIN

PASSAGE-TO-INDIA

continued from page 114

3. To drink with meal, serve beer, Pimm's Cup or iced water.
4. After main course, serve desserts with coffee or tea. Follow with fresh fruit.

All pictured on pages 112-113

PIMM'S CUP

A gin-based liqueur containing herbs and essence of orange, made from a secret formula, invented by James Pimm, a London pub owner, in 1841.

¼ cup Pimm's Cup No. 1
½ cup club soda
1 cucumber stick (garnish)

Pour Pimm's Cup and club soda over ice cubes in a 10 oz. glass. Stir. Garnish with cucumber. About 135 calories.

SHRIMP KOFTA
(Fried Shrimp Balls)

These go well with drinks. Definitely best served right after frying.

½ pound cooked, shelled and deveined shrimp, finely chopped
½ cup mashed potatoes, cooled (see editor's note)
⅓ cup chopped onion
2 tablespoons chopped parsley
1½ teaspoons lemon juice
¾ teaspoon salt
¼ teaspoon ground coriander
¼ teaspoon turmeric
¼ teaspoon ground cumin
⅛ teaspoon crushed red pepper flakes
1 egg, beaten
1 tablespoon water
½ cup dried bread crumbs
Salad oil for deep-fat frying

In large bowl place first 10 ingredients; stir to combine. Refrigerate until chilled, about 30 minutes. Roll rounded teaspoonfuls of shrimp mixture into balls. Beat egg and water until well mixed. Place the bread crumbs in another bowl. Dip balls first into egg, then into bread crumbs, turning to coat well. *(Can be made ahead to this point. P in a single layer in jelly-roll pan. C and refrigerate up to 6 hours.)*

To use food processor: Place ing ents as stated above in bowl. Use knife attachment of your food proce Using a quick on/off motion com ingredients. Shape as directed ab

In deep-fat fryer heat 2 inches s oil to 375°F. on deep-fat thermom Fry balls, a few at a time, until go brown, about 1 to 2 minutes. Rem with slotted spoon; drain on p towels. Keep cooked shrimp balls 200°F. oven while cooking remain Serve immediately. Makes about about 40 calories each.

(ED. NOTE: If you use instant ma potatoes, use more flakes than labe rects to make a very firm mixture.)

BEEF SAMOSAS
(Meat Turnovers)

Spicy turnovers that are absolutely



ictive. Would also make an exotic addi-on to a picnic basket or lunch box.

'lling
- 2 garlic cloves, crushed
- 3 tablespoons tomato paste
- 2 teaspoons lemon juice
- 1½ cups chopped onions
- ⅔ cup water
- 2 tablespoons salad oil
- 1½ teaspoons ground coriander
- ¾ teaspoon turmeric
- ¾ teaspoon ground cumin
- ⅛ teaspoon cinnamon
- 1 canned green chili, chopped
- ¾ pound ground beef
- 1½ teaspoons salt
- ¾ cup frozen baby peas

astry
- 2 cups unsifted all-purpose flour
- 2 teaspoons salt
- ⅓ cup shortening
- ½ to ¾ cup iced water

alad oil for deep frying

'lling: In blender container place gar-, tomato paste, lemon juice, onions nd ¼ cup water. Cover and blend until smooth paste; set aside. Heat oil in edium skillet over medium heat. Add ices and chili; cook for 10 seconds, rring constantly. Add paste from ender and cook for about 10 minutes er medium low heat. Add meat and lt; cook over medium high heat for out 5 minutes, stirring frequently to eak up meat. Add peas and remaining ater and heat to boiling. Cover and duce heat to low; simmer 45 minutes. ncover and continue cooking over edium-high heat for 5 minutes, stir-ng occasionally. Remove from heat. ill. *(Can be prepared in advance to is point. Cover and refrigerate up to hours.)* Makes about 2¼ cups filling.

astry: In a large bowl combine flour d salt. Cut shortening into the flour ing pastry blender or 2 knives used ssor fashion until mixture resembles arse meal. Add water and mix quickly th a fork until pastry forms a ball. Di-le dough into 2 balls. Cover one ball th a damp cloth. On lightly floured face roll the other ball into a 12-inch uare. Cut into nine 4-inch squares. peat with remaining pastry.

To use food processor for pastry: ce flour and salt in food processor wl. Using steel knife attachment, turn chine on/off to combine ingredients. ld shortening. Turn machine on/off til mixture resembles coarse meal. ith machine running, pour iced water ough feed tube. As soon as dough ms a ball, remove dough.

To fill: Spoon 2 level tablespoons fill-onto each square. Brush edges of stry with water. Fold pastry over fill-to form a triangle. With tines of fork mp edges to seal. Repeat with remain-pastry and filling. *(Can be prepared dvance to this point. Place in a single er in jelly-roll pan. Cover and refriger-up to 6 hours.)*

In deep-fat fryer heat 2 inches of sal-oil to 375°F. on deep-fat thermom-r. Fry 2 samosas at a *(continued)*

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Broiled Shrimp & Lemon Rice

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PASSAGE-TO-INDIA

continued

time, turning once or twice, until golden brown, about 1½ minutes. With slotted spoon remove from oil and drain on paper towels. Keep warm in a 200°F. oven while frying remaining samosas. Makes about 18, about 400 calories each.

PORK AND LAMB VINDALOO

If your group is of the cast-iron stomach clan, you can add more green chilies—or use hotter chilies.

½ cup salad oil
3 cups chopped onions
6 garlic cloves, crushed
½ cup all-purpose flour
1½ pounds boneless lean lamb shoulder, cut into 1-inch cubes
1½ pounds boneless lean pork shoulder, cut into 1-inch cubes
½ cup all-purpose flour
8 canned green chilies, chopped
1 tablespoon ground coriander
1 tablespoon turmeric
¾ teaspoon ground cumin
¾ teaspoon ground cinnamon
1 tablespoon sugar
3 tablespoons cider vinegar
2 tablespoons tomato paste
2 tablespoons fresh lime juice
2¼ cups chicken broth
1 teaspoon salt

In a 4-quart Dutch oven heat 2 tablespoons oil over medium high heat. Add onions and garlic and sauté until onions are tender, about 10 to 15 minutes, stirring occasionally. (Be careful not to cook too quickly; onions should not brown.)

Remove onions and garlic from pan; s aside. Meanwhile, pour flour in ba Add cubed meat and shake until w coated. Add 2 more tablespoons oil Dutch oven; heat. Add meat, a fe pieces at a time, and brown well on sides. Use remaining oil as needed f browning. Return meat to pan alo with onions, garlic and any leftover flo in bag. Add remaining ingredients; co over medium high heat stirring co stantly until it begins to boil; remo from heat. Cover pan tightly and co in 350°F. oven for 1 hour. Skim off f *(Can be prepared in advance to t point. Cool; cover and refrigerate up 24 hours. To serve, skim off any rema ing fat, reheat in 350°F. oven or ov low heat until heated through, about minutes.)* Makes 8 servings, about 5 calories per serving.

CHICKEN DO PYAZA

We like this dish so much we plan serve it even when we're not making "production dinner."

¼ cup salad oil
12 large shallots, peeled and quartered
2 medium onions, sliced
4 cups cubed chicken (about 4 whole breasts, skinned and boned)
1⅓ cups finely chopped onions
2½ tablespoons grated fresh ginger roo
4 garlic cloves, crushed
1 tablespoon ground coriander
2¼ teaspoons salt
1¼ teaspoons pepper
1¼ teaspoons ground cumin
1 teaspoon ground cardamom
1 teaspoon fennel seeds
2 cups plain yogurt
1 whole cinnamon stick
1¼ teaspoons fresh lime juice

In Dutch oven, heat salad oil. Add sh lots and sliced onions and sauté u onions are tender, about 5 minutes. W slotted spoon remove shallots and onio set aside. To drippings in Dutch ov add chicken; sauté, stirring frequent until meat loses its pink color, abou minutes. Add remaining ingredients cept yogurt, cinnamon and lime ju Stir until well mixed; continue cook for another 10 minutes. Stir in yog and cinnamon. Reduce heat to low. turn reserved shallots and onions Dutch oven. Cover and simmer about minutes, stirring occasionally. *(Can prepared in advance to this point. C cover and refrigerate up to 24 hours. serve, return mixture to Dutch oven heat over low heat, stirring occasiona about 30 minutes.)* Stir in lime juice j before serving. Makes 8 servings, ab 350 calories each.

SPICY RICE

Pine nuts may be substituted for almonds.

1 package (6 oz.) saffron rice mix
3 tablespoons salad oil
¾ cup slivered blanched almonds
¾ cup seedless raisins, chopped

(continued on page 1

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Dressed in the 18th-century manner, women of the Montclair Historical Society demonstrate the workings of a Colonial kitchen. Foreground food: Spider Cornbread, left; Beefe Steake Pudding, rear; Glazed Minted Carrots. From left. Frances Mills, Sally Williams (glazing with a salamander), Amy Hatrak (at the beehive oven), Elizabeth Shull.

"RECEIPTS" FROM COLONIAL AMERICA

Unusual foods and traditions from an 18th-century kitchen.

Are you both a cooking fan and an American history buff? This month's cookbook is straight out of the 18th century, a group of "receipts" collected by Fanny Pierson Crane in 1796 and recently adapted for modern cooks by the Montclair, N.J., Historical Society. Beefe steake pudding, spider cornbread, chocolate truffles, Sally Lunn—receipts (now spelled "recipes," of course) to tempt the palate and evoke the time and traditions of Colonial America.

Our visit to Montclair to work with the women who created the cookbook began with a look at the house Fanny Crane lived in. Dressed in clothes of the period, the women led us through the handsomely restored mansion and its authentic, museum-quality furnishings—right down to fresh flowers of the period, grown in an on-premises dooryard garden. But it was the kitchen that really caught our eye (see above), for it is here that the cookbook seemed to come to life. Every item in the kitchen might have been one of Fanny Crane's very own, and on appropriate occasions food is still prepared in the Colonial manner in the open hearth and the beehive oven. Rafters are hung with dried herbs, and only foods known to the Crane family are permitted—in the kitchen and in the cookbook. Nothing self-conscious about it; just intriguingly authentic.

Spider cornbread, for instance—made with water ground white corn meal and buttermilk, cooked in a long-handled iron skillet with three short legs, called a "spider." The spider is placed right over hot coals to bake, and as the coals cool, they are removed and replaced with hot ones . . . and so Fanny Crane maintained an even heat for slow cooking without burning the cake.

And then there was Glazed Orange Cake, a deliciously moist raisin-filled cake with orange glaze, sizzled with a "salamander." The latter is a long-handled iron tool with a large spatulate end that is heated on coals and then pressed to the top of the cake. The cookbook makes this note: "The salamander was the animal in mythology who could go through fire unharmed . . . thus the 18th-century name given to the glazing tool."

Madeira Wine Jelly, made ahead for our visit, of course, was a particular favorite for its *(continued)*



Desserts from "Receipts": front row—Sally Lunn (from a Turk's head mold), Pumpkin Bread (a favorite at Crane House), Chocolate Truffles. Back row—Glazed Orange Cake, shimmering Madeira Wine Jelly with Frosted Fruits.

Photographs by Ken Regan/Camera 5.

Ask your husband what he prefers here...



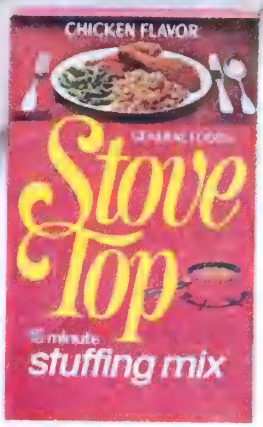
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GF
GENERAL FOODS

"RECEIPTS"

continued

deep, shimmering purple color—a result of combining grape juice, Madeira and gelatin. Garnished with frosted fruits, it makes an "occasion" dessert or complement to meats.

And so it went—one wanted to see every implement demonstrated, and our experienced guides could well have done so had time permitted. Regular demonstrations are indeed held at Crane House for school groups and other tours; and festive occasions such as Christmas are particularly popular.

"Fanny Pierson Crane—Her Receipts 1796" compensates for its modest size (57 recipes) with its thoroughly researched recipes and incidental information about traditions of the times, and with its charming illustrations. It's a book we are happy to call to the attention of a wide audience and to offer a sampling of recipes from. You can order your own copy with the coupon on page 126.—JOHN STEVENS.

All recipes pictured on page 122

SPIDER CORNBREAD

1½ cups white corn meal (preferably water ground)
1 tablespoon sugar
1 teaspoon salt
1 teaspoon baking soda
2 cups buttermilk
2 eggs, well beaten
1½ tablespoons butter or margarine, melted

Preheat oven to 450°F. Put a 10-inch, well greased, cast iron skillet in the oven to warm. In a medium bowl, combine corn meal, sugar, salt and baking soda. Add buttermilk to beaten eggs, then stir into corn meal mixture until smooth. Add melted butter or margarine. Pour into warm skillet. Bake for 30 minutes or until toothpick inserted in center comes out clean. Makes 8 servings. About 150 calories per serving.

BEEFE STEAKE PUDDING

Beef
2 tablespoons salad oil
1 medium onion, finely chopped
1 pound top round steak, cut into ½-inch pieces
¾ cup beef broth
¼ cup tomato juice
½ teaspoon Worcestershire sauce
Salt and pepper to taste
1 tablespoon flour
1 tablespoon butter or margarine
½ fresh tomato, peeled, seeded and chopped
Yorkshire Pudding
1 cup unsifted all-purpose flour
½ teaspoon salt
1 cup milk
2 eggs
2 tablespoons melted butter or beef drippings

Beef: In large skillet heat salad oil. Add onion and sauté until tender, about 5 minutes. Add meat to skillet and brown well on all sides. Pour in broth, tomato juice, Worcestershire sauce, salt and pepper. Cover pan and simmer gently until meat is tender, about 35 to 40 minutes. In small bowl rub flour into butter. When meat is tender, stir in flour-butter to thicken. Fold in tomato pieces.

Yorkshire Pudding: In medium bowl, combine flour and salt. Make a well in center, add milk, then add eggs. Beat vigorously for several minutes until smooth and bubbly.

Preheat oven to 450°F. In bottom of 1½ quart casserole put 2 tablespoons melted butter or beef drippings; place in oven until sizzling. Pour half the batter into casserole. Bake until puffed and set, about 15 minutes. Spread meat and gravy mixture on pudding and cover with remaining half of batter. Continue to bake for an additional 10 to 15 minutes. The outside should be crisp and golden, the inside soft. Makes 6 servings. About 400 calories each.

GLAZED MINTED CARROTS

1½ pounds carrots (5 cups), peeled and quartered
1½ cups water
3½ tablespoons butter or margarine
½ teaspoon salt
1 cup heavy cream
2 tablespoons sugar
Freshly ground black pepper
2 tablespoons chopped fresh mint

In large skillet combine carrots with water, 1½ tablespoons butter or margarine and salt; heat to boiling. Cover and cook slowly until liquid has evaporated and carrots are almost tender, about 20 minutes. In small saucepan heat cream to boiling and pour over the carrots. Simmer slowly, uncovered, until cream has been almost absorbed by carrots or until the carrots are tender. Add remaining 2 tablespoons butter or margarine, sugar and pepper. Simmer a few minutes longer. Add chopped mint and serve. Makes 6 to 8 servings. About 250 calories for each of 6; 190 calories for each of 8.

GLAZED ORANGE CAKE

Cake
Peel of 1 orange, chopped (about 2 tablespoons)
1 cup golden seedless raisins
½ cup butter or margarine
1 cup sugar
2 eggs, beaten
1 teaspoon vanilla extract
2 cups unsifted all-purpose flour
1 teaspoon baking soda
½ teaspoon salt
1 cup buttermilk
Glaze
1 cup sugar
3 tablespoons orange juice
1 tablespoon brandy

Cake: Preheat oven to 350°F. Grease a 9-inch square baking pan; set aside. Combine orange peel and raisins, set aside. In large mixer bowl with electric mixer at medium speed, cream butter or margarine and sugar until light and fluffy. Add eggs, vanilla and orang raisin mixture. Combine flour, baki soda and salt. Add to mixture alternat with buttermilk. Spoon into pan. Ba 30 to 40 minutes or until toothpick serted in center comes out clean.

Glaze: In small bowl combine sug orange juice and brandy. Spread gla on warm cake. Place in broiler un glaze sizzles. Cut into small squares a serve warm. Makes 12 pieces. About 3 calories per serving.

MADEIRA WINE JELLY GARNISHED WITH FROSTED FRUIT

Wine Jelly
4 envelopes unflavored gelatin (we recommend 3 envelopes)
½ cup cold water
2 cups grape juice
1 pint (2 cups) Madeira wine
6 tablespoons strained fresh lemon juice
Pinch salt
¾ cup sugar
Frosted Fruit
Strawberries
Green and purple grapes
Egg whites, beaten
Granulated sugar
Strawberry or nasturtium leaves if in season, for garnish

In small bowl soften gelatin in cold w ter. In medium saucepan heat gra juice to boiling. Stir gelatin into gra juice until gelatin is completely d solved. Add wine, lemon juice and sa Add sugar and stir until dissolved. Po into a 6-cup mold. Chill until firm.

To frost fruit: Dip fruit first in sligh beaten egg whites, then roll in gra lated sugar. Dry on a rack overnight room temperature.

Unmold jelly, garnish with frost fruit and leaves. Makes 8 servings; abo 160 calories each without fruit.

CRANE HOUSE PUMPKIN BREAD

1 cup corn oil
4 eggs, beaten
⅔ cup water
2 cups canned pumpkin
3⅓ cups sifted all-purpose flour
3 cups sugar
2 teaspoons baking soda
1½ teaspoons salt
1 teaspoon nutmeg
1 teaspoon cinnamon
½ cup golden seedless raisins
½ cup chopped nuts

Preheat oven to 350°F. Grease a flour two 9x5-inch loaf pans; set asid In medium bowl, combine oil, eg water and pumpkin and stir until w mixed. In large bowl mix flour, sug baking soda, salt, nutmeg and cinn mon. Add liquid ingredients and stir ju until well mixed. Stir in raisins and nu Spoon evenly into prepared pans. Ba for 1 hour or until a toothpick insert in center comes out clean. Makes loaves. About 18 slices per loaf. Abo 185 calories per slice.

SALLY LUNN

1 cup milk
½ cup shortening

(continue


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"RECEIPTS"

continued

¼ cup water
4 cups unsifted all-purpose flour
2 packages active dry yeast
⅓ cup sugar
2 teaspoons salt
3 eggs

In small saucepan heat the milk, shortening and water until very warm, about 120°F. (the shortening does not need to melt). In large mixer bowl combine 2 cups flour, yeast, sugar and salt. Blend warmed liquids into flour mixture, beating with an electric mixer at medium speed for 2 minutes. Gradually add 1 cup more flour, then the eggs, and beat at high speed for 2 minutes. Add all the remaining flour and mix well. Cover and let rise in warm place free from drafts until doubled in bulk, about 1 hour.

Grease an iron or earthen Turk's head mold or 10-inch Bundt pan. Stir down batter with wooden spoon. Pour into mold or pan. Cover; let rise again until almost double in bulk, about 45 minutes. Bake in preheated 350°F. oven for 40 minutes or until loaf sounds hollow when tapped. Remove from pan. Serve warm. Makes 1 loaf. About 16 slices per loaf; about 215 calories per slice.

CHOCOLATE TRUFFLES

8 squares (1 oz. each) semisweet chocolate
¼ cup sifted confectioners' sugar
3 tablespoons butter or margarine
3 egg yolks, slightly beaten
1 tablespoon brandy
½ teaspoon cinnamon

In top of double boiler over hot not boiling water, melt 6 squares (6 oz.) chocolate with sugar and butter or margarine. Remove from heat. Stir a small amount of hot mixture into slightly beaten egg yolks; add yolks to chocolate mixture, stirring well. Blend in brandy. Chill, without stirring, for 1 to 2 hou until firm.

Finely grate remaining 2 squares chocolate; stir in cinnamon. Shape cho olate into 1-inch balls; roll in grat chocolate until well coated. Store in r frigerator. Makes about 20. About calories each. **En**

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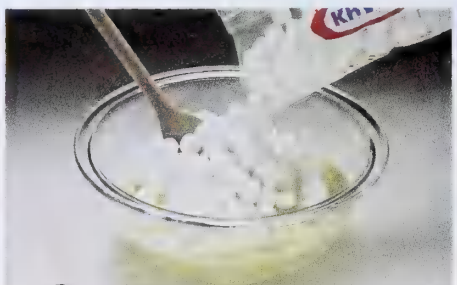
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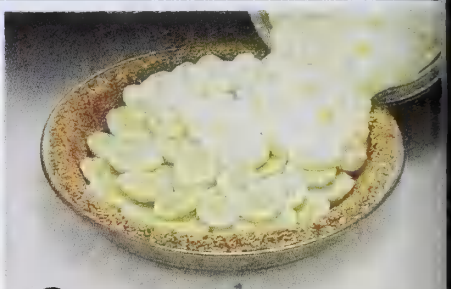
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1 Combine 2 cups vanilla wafer crumbs and 1/3 cup Parkay margarine, melted. Press into 9" pie plate. Bake 375°, 8 min.



2 Prepare one 3⅛ oz. pkg. vanilla pie filling, using 1¾ cups milk. Cover surface with transparent wrap; chill. Fold in 1½ cups Kraft miniature marshmallows, 1 cup whipped cream.



3 Slice 2 bananas into crust. Pour filling over bananas. Chill several hours or overnight. Serve and make your family go bananas!

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PASSAGE-TO-INDIA

continued from page 120

¾ cup chopped onion
9 whole cloves
9 whole cardamom, crushed
3 cinnamon sticks
3 bay leaves, crumbled
6 cups water
1 tablespoon salt
3 cups long-grain rice, uncooked

Prepare saffron rice according to package directions. Meanwhile, in 3-quart saucepan, heat oil over medium heat. Add nuts and raisins and sauté until light brown; remove with slotted spoon. To drippings in saucepan, add onion; sauté until tender, about 5 minutes. Remove from pan. Then add cloves, cardamom, cinnamon and bay leaves; sauté 2 to 3 minutes. Add water and salt. Heat to boiling. Add rice and return to boiling. Reduce heat; cover and continue cooking 20 minutes. Remove from heat, let stand 5 minutes. Stir in saffron rice, onion, nuts and raisins. *(Can be prepared in advance to this point. Cover and keep warm in a 200°F. oven up to 2 hours.)* Makes 8 servings, about 210 calories each.

VEGETABLE CURRY (Alu Chole Mater)

This made a special hit with our food staff. It would do nicely with rice and condiments for a simple Indian meal.

5 tablespoons salad oil
2 cups frozen hash brown potatoes (from a 32 oz. bag)
2 teaspoons cumin seed
2 cups chopped onions
2 canned green chilies, chopped
1 tablespoon salt
2 tablespoons ground coriander
1 teaspoon turmeric
4 bay leaves, crumbled
1 can (20 oz.) chick peas or garbanzo beans, undrained
2 cups frozen green peas (from a 20 oz. bag)

In large skillet heat 3 tablespoons oil over medium high heat. Add frozen potatoes and cook until heated through. Remove from pan and reserve. To same skillet add remaining oil; fry cumin seeds until brown (about 45 seconds), turn heat to medium-low and add onions, chilies, salt, coriander, turmeric and bay leaves. Heat for 5 minutes stirring occasionally. Add chick peas with liquid, peas and cooked potatoes to skillet. Stir to combine; cover. *(Can be prepared in advance to this point. Let stand at room temperature up to 3 hours.)* Cook over medium heat for 8 to 10 minutes; stirring occasionally. Serves 8, about 290 calories per serving.

POORI

We found that Poori, the puffy kind of Indian bread, is best served just after frying. The dough is a snap to make in a food processor. If you've not gotten one yet, we give an alternate method.

1 cup whole-wheat flour
1 cup unsifted all-purpose flour
2 teaspoons salt
½ teaspoon turmeric
½ teaspoon cayenne pepper
½ teaspoon whole cumin seed
¼ cup shortening
Approximately ¾ cup water
Salad oil for deep frying

Use steel knife attachment of your food processor. Place first 6 ingredients in bowl. Turn machine on/off to combine. Add shortening. Turn machine on/off until mixture resembles coarse meal. With machine running, add water gradually through feed tube until dough forms a ball. Allow processor to run for 3 minutes to knead dough.

Remove dough from processor and divide in half, shaping into 2 balls. Cover 1 ball with damp cloth and set aside.

On lightly floured surface roll out 1 ball to form 14-inch square. Cut into about ten 4-inch circles (you'll need to reroll scraps). Cover dough with damp cloth. Repeat with remaining dough. *(Can be made in advance to this point. Place dough in a jelly-roll pan, waxed paper between each layer. Cover with plastic wrap. Refrigerate up to 6 hours.)*

In deep-fat fryer heat 2 inches of salad oil to 375°F. on deep-fat thermometer. Fry Poori, a few at a *(continued*



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Brand V Menthol	11	0.8
Brand V	11	0.7
Brand M	8	0.6
Brand M Menthol	8	0.5
Carlton Soft Pack	**1**	**0.1**
Carlton Menthol less than	**1**	**0.1**
Carlton Box less than	***1**	***0.1**

*Av. per cigarette by FTC method

Of all brands, lowest . . . Carlton Box: 1 mg. tar, 0.1 mg. nicotine av. per cigarette by FTC method.



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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Soft Pack and Menthol: 1 mg. "tar", 0.1 mg. nicotine av. per cigarette, FTC Report Aug.'77.
Box: 1 mg. "tar", 0.1 mg. nicotine; 100 mm: 5 mg. "tar", 0.5 mg. nicotine av. per cigarette by FTC method.

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Same delicious taste, any way you mix it.

With Buttermilk.





PASSAGE-TO-INDIA

continued

ime, until golden and puffed. Turn contantly until filled with air, then cook on ach side until crisp and brown (total rying time is about 15 seconds). Remove with slotted spoon and drain on aper towels. Place in paper towel-lined aking dish, keep warm in 200°F. ven until ready to serve. Makes 20. bout 135 calories each.

To make without a food processor: In urge bowl combine flour, salt and seaonings. Cut shortening into the flour sing pastry blender or 2 knives used cissor-fashion until mixture resembles oarse meal. Add water and mix with a ork. Form dough into a ball. On a ghtly floured surface knead dough unl smooth and elastic (about 2 to 3 inutes). Place dough ball in a bowl nd cover with a damp cloth. Let rest 15 inutes. Then roll out and fry as above.

ONION RELISH

'e tend to put this hot onion condiment n everything.

lemon
cups chopped onions
cup catsup
tablespoons chopped green pepper
tablespoon chopped red pepper
tablespoon tomato paste
teaspoons salad oil
2 teaspoons cider vinegar
¾ teaspoon cayenne pepper
½ teaspoon turmeric
½ teaspoon crushed red pepper

Remove peel from lemon with vegetable peeler; finely mince enough to equal 1 tablespoon.

In a small bowl, mix lemon peel and remaining ingredients. Cover and refrigerate; allow to stand up to 4 hours. Makes about 2¼ cups. About 12 calories per tablespoon.

CUCUMBER RAITA
(Cucumber Yogurt Sauce)

Cools the palate—most welcome in view of the hotness of the rest of the menu.

1 medium cucumber (peel cucumber; seed and grate enough to equal ½ cup)
1 cup (8 oz.) plain yogurt
¼ teaspoon salt
⅛ teaspoon ground cumin
Pinch cayenne pepper

Combine all ingredients in medium size bowl. Cover and refrigerate until well chilled. *(Can be prepared in advance to this point. Cover and refrigerate up to 24 hours.)* Makes 1⅓ cups. About 7 calories per tablespoon.

DAL

Since the lentils often used in Dal are not available everywhere, we substituted yellow split peas. Spoon Dal over almost everything—it's an accompaniment.

1 cup yellow split peas
1 tablespoon salad oil
½ teaspoon cumin
1 teaspoon salt
½ cup finely chopped onion
¼ teaspoon turmeric
¼ teaspoon ground ginger
⅛ teaspoon crushed red pepper flakes
1½ cups chicken broth
1½ cups water

Place split peas in sieve and wash under cold running water. Drain. In 2-quart saucepan, heat salad oil. Add next 6 ingredients and sauté over medium heat for 1 minute. Pour in chicken broth and water and heat to boiling. Stir in peas and return to boil. Reduce heat, cover and simmer until peas are tender, about 1 hour.

Spoon about half the peas and liquid into blender container; cover and blend until smooth (or force through holes of sieve). Return puréed peas to saucepan. *(Can be prepared in advance to this point. Cover and refrigerate up to 24 hours. To serve, heat in saucepan over medium heat, stirring occasionally until heated through, about 10 minutes. Add about ½ cup water, if needed, to desired consistency).* Serve at room temperature. Makes 3½ cups. About 15 calories per tablespoon.

GULAB JAMUN
(Fried Dessert Balls)

Indian desserts tend *(continued)*



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There's a fresh surprise inside this Berried Treasure Pi

Look! Luscious strawberries are hidden inside a pie. A creamy smooth pie because it's made with DREAM WHIP® Whipped Topping Mix.

An easy-to-make pie because the crust is JOHNSTON'S® Graham Cracker READY-CRUST.

Fresh strawberries and freshly-made Dream Whip together in a pie that's a delicious treat for your family.

Berried Treasure Pie.

- 1 package (8 oz.) cream cheese, softened
- 2 tablespoons sugar
- 2 tablespoons milk
- 1 JOHNSTON'S® Graham Cracker READY-CRUST® Pie Crust
- 1 cup halved fresh strawberries
- 1 envelope DREAM WHIP® Whipped Topping Mix
- 1 package (4-serving size) JELL-O® Lemon Flavor Instant Pudding and Pie Filling
- 1 cup milk

Beat cream cheese with sugar and 2 tablespoons milk in bowl until smooth. Spread evenly in bottom of pie crust. Arrange strawberries on cream cheese mixture. Prepare whipped topping mix as directed on package. Prepare pudding mix with 1 cup milk as directed on package for pie; fold in 1 cup of the prepared whipped topping. Spoon into pie crust and chill until set, about 2 hours. Garnish with remaining whipped topping and additional strawberries, if desired.



Another berry fresh idea from Dream Whip.®



PASSAGE-TO-INDIA

continued

...ard sweetness and this rose water-...ted delicacy is no exception.

...up
... cups sugar
... ½ cups water
... tablespoons rose water (can be ...urchased in a drugstore)
... gh
... cup instant nonfat dry milk powder
... cup buttermilk baking mix
... teaspoon ground cardamom
... teaspoon baking soda
... cup heavy or whipping cream
...alad oil for deep frying

...make syrup: Combine sugar and ...er in 2-quart saucepan. Cook over ...ium heat until mixture begins to ... stirring until sugar is dissolved. In...se heat to high and boil 5 minutes ...out stirring. Stir in rose water. Keep ...p warm over low heat while pre...ng and frying balls.

...dough: In medium bowl, mix all in...ients. Let stand about 10 minutes to ...en. Roll a teaspoonful of dough into ...n compact ball. Repeat until all the ...gh is used. Makes about 25 balls.

...ry: In a saucepan or deep-fat fryer ... two inches of salad oil to 335°F. ...y low heat). Place balls, a few at a ..., into hot oil and cook until they turn reddish brown, about 3 minutes. Turn often to prevent burning. Remove from oil with slotted spoon, drain on paper towels. Then add to warm syrup. When you're finished frying, remove syrup and balls from heat and let stand at least 5 hours before serving. *(Can be prepared in advance to this point. Spoon syrup and balls into bowl. Cover and refrigerate up to 24 hours.)* Makes about 25 balls, about 115 calories per ball with syrup.

KULFI
(Frozen Cream Dessert)

Again, this is quite sweet—lime juice and pistachio nuts add an intriguing flavor.

1 can (14 oz.) sweetened condensed milk
1 cup heavy or whipping cream
½ teaspoon vanilla extract
½ cup chopped, blanched, unsalted pistachio nuts
2 tablespoons fresh lime juice

Place all ingredients in an 8-inch square metal pan; stir to combine. Place in freezer, stirring occasionally, until mixture freezes about 1 inch around edge. Stir, spoon into 8 serving cups and continue to freeze, stirring occasionally until set, about 4 hours. *(Can be prepared in advance to this point. Cover and freeze up to 24 hours.)* Serve immediately after removing from freezer as dessert melts quickly. Makes 8 servings. About 315 calories per serving. **End**

JUNE RECIPE INDEX

Here is a listing of recipes appearing in this issue including those from the Journal kitchens and advertisements. All have been tested by our home economists.

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Rice. Add to that a little mayonnaise, some pickles, onion and pimientos, serve on lettuce leaves and you've got a salad that's both new and different...a delicious alternative to potato salad without the peeling and dicing. And to make a quick and easy main dish from these same basic ingredients, you just add meat, fish or poultry.

So tonight, take the rice out of your cupboard and treat the family to our Classic Rice Salad...a good-tasting, economical dish that's easy—once you get the rice out.

Classic Rice Salad

3 cups cool cooked rice
¼ cup diced pimientos
1 teaspoon salt
¼ teaspoon pepper
1 cup mayonnaise
1 teaspoon prepared mustard
½ cup each finely chopped onions and sweet pickles
4 hard-cooked eggs, chopped

Blend all ingredients thoroughly. Chill. Serve on lettuce leaves and garnish with tomatoes and ripe olives. For variety, add 8 ounces peeled, deveined cooked shrimp; or 1 can (9 ounces) tuna, flaked; or 1½ cups finely chopped cooked chicken, turkey, beef or pork. Makes 6 generous servings.

For more recipes, send for our free booklet, *"Quick and Easy Rice Salads for any Occasion!"* Write to: Rice Council of America, Dept. L, Box 22800, Houston, Texas 77027

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Rice
Rice Council of America

HIGH LOW ?

continued from page 111

THREE-MELON BOMBE
pictured on page 109

Stunningly attractive and refreshin

Cantaloupe Sherbet
1 envelope unflavored gelatin
⅓ cup half and half cream
2 cups cubed cantaloupe (about 1 large cantaloupe)
1 tablespoon frozen orange juice concentrate, undiluted
½ cup light corn syrup

Watermelon Sherbet
1 envelope unflavored gelatin
⅓ cup half and half cream
2 cups seedless cubed watermelon (about ¼ watermelon)
1 tablespoon grenadine syrup
½ cup light corn syrup

Honeydew Sherbet
1 envelope unflavored gelatin
⅓ cup half and half cream
2 cups cubed honeydew (about 1 honeydew)
2 tablespoons lime juice
½ cup light corn syrup

Melon balls, for garnish (scooped fro any remaining melon above)

Cantaloupe Sherbet: In a small s pan sprinkle gelatin over cream over low heat until dissolved. Pla blender container or food processo ing steel blade). Add cantaloupe, o concentrate and corn syrup. Cove blend at high speed for 30 seconds into 8 or 9-inch metal baking pan. and freeze 6 hours or overnight. blender container.

Watermelon Sherbet: Repeat abo rections substituting grenadine for orange concentrate.

Honeydew Sherbet: Repeat canta directions substituting lime juic orange concentrate.

Place an 8-cup melon mold or in freezer for 10 minutes. Meanw let cantaloupe sherbet soften sligh room temperature. Spoon into mixer bowl. Beat at medium speed smooth but not melted, about 1 minutes. Remove mold from freeze spread the sherbet in a layer linin mold. Replace mold in freezer until bet is firm, about 15 minutes.

Remove watermelon sherbet freezer to soften and repeat proces the same with the honeydew sh Cover mold tightly with a lid o Freeze overnight or up to 3 weeks

To remove, dip mold into warm for 30 seconds. Invert onto se plate. If sherbet doesn't slide out place a warm damp cloth on m help release. Place in freezer un minutes before serving time.

To serve, scoop remaining v melon, honeydew and cantaloupe balls; arrange around mold. Mak servings. About 250 calories Garnish with fresh mint or melon if desired. *(conti*


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It means Chicken of the Sea® tuna gets *more* than the minimum Government Inspection required by law.

It means Chicken of the Sea gets voluntary, constant Federal Inspection for wholesomeness, cleanliness and proper weight—and has consistently good taste!

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Only one leading tuna earns it.

Chicken of the Sea. The only leading tuna with a U.S. Government Inspection seal.

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HIGH LOW ?

continued

atermelon bow: With sharp knife cut 12x2-inch strip of watermelon rind; n to an 11x1-inch strip. Drop rind o boiling water until pliable, about 1 nute. Cut off a 1½x½-inch piece for ot. Form bow, add knot (see photo ge 109); secure with a toothpick.

RHUBARB FLAN
pictured on page 108

ubarb is one of spring's finest assets. re is a delectable way to use it.

try
/4 cup butter or margarine
1 cup unsifted all-purpose flour
3 tablespoons sugar
1 egg
1 teaspoon vanilla extract
ing
3 cups rhubarb (1 pound) trimmed, cut into ½-inch slices
½ cup plus 2 tablespoons sugar
2 eggs
2 tablespoons flour
cup half and half cream

try: In medium bowl cut butter into r until the mixture resembles corn al. Stir in sugar, egg and vanilla. h fingers combine mixture until well nded. Form into flattened ball. Wrap chill until firm.

reheat oven to 350°F. Press dough o bottom and sides of a 9-inch fluted pan with removable bottom. (You use a 9-inch pie pan but grease it l before pressing in dough.) Set e.

ing: In medium bowl, toss rhubarb 1 2 tablespoons sugar; sprinkle even- n pastry. In same bowl lightly beat s. Stir in flour, remaining ½ cup sugar cream. Pour over rhubarb. Bake on est shelf for 40 minutes or until ard is set. Cool on wire rack. Re- erate if not served within 3 hours. es 8 servings, about 265 calories .

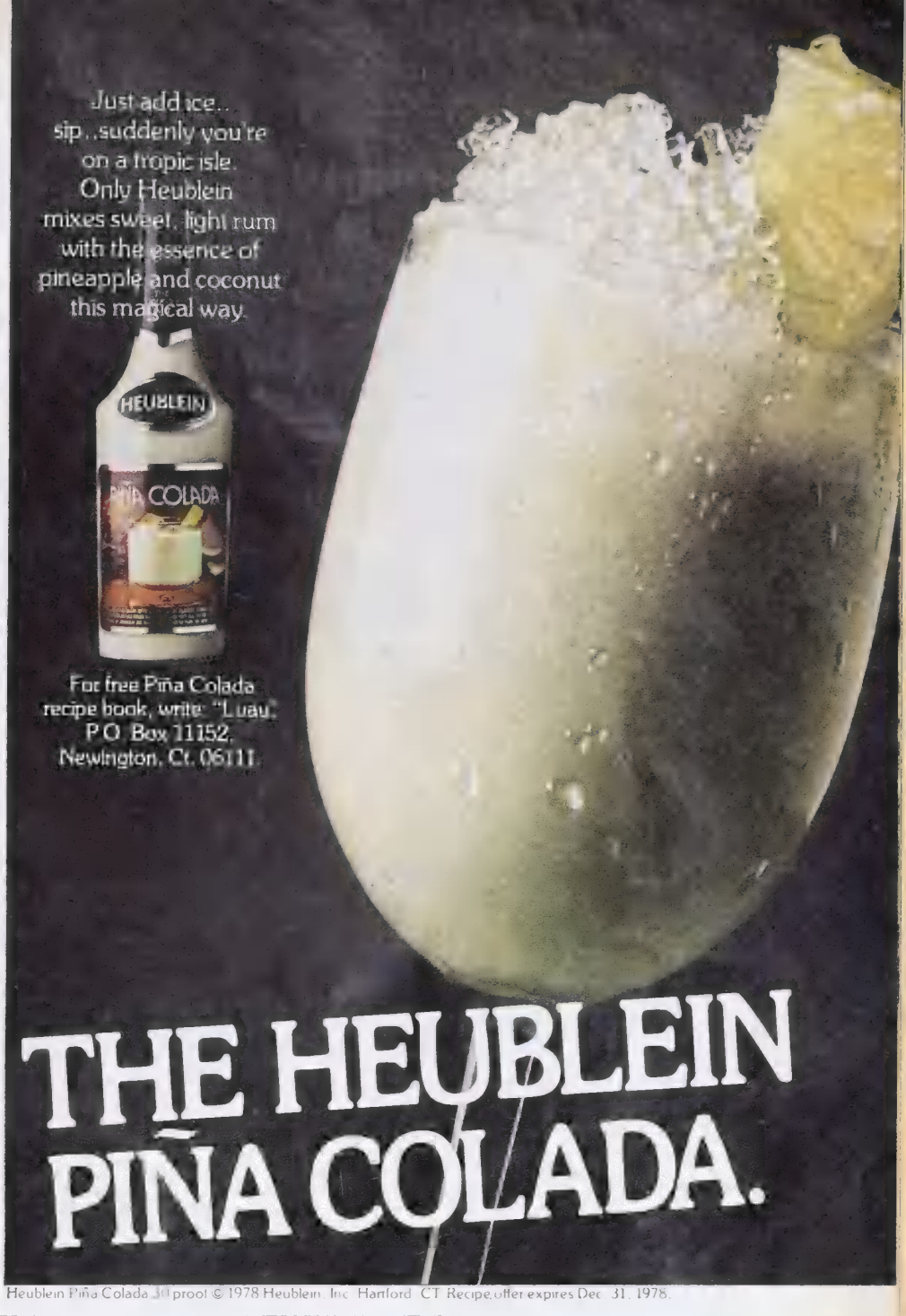
RUSTLESS BLUEBERRY COBBLER
pictured on page 108

absolute delight—the lemon yogurt it off beautifully.

ps (2 pints) blueberries, rinsed and rained well
ping
cup unsifted all-purpose flour
cup sugar
teaspoon cinnamon
tablespoons diet margarine
e
cup (8 oz.) low-fat lemon yogurt
teaspoon grated lemon peel

eat oven to 375°F. Place blue- es in an 8-inch square baking dish. mall bowl combine flour, sugar and amon. Add margarine, then rub ure together with fingertips until it s pea-size crumbs. Sprinkle over berries. Bake 40 minutes or until berries bubble. Serve at room temperature with sauce. Makes 8 servings. About 140 calories per ½ cup serving with 2 tablespoons sauce.

Sauce: In small bowl, stir yogurt and grated lemon peel; refrigerate until serving time.



Heublein Piña Colada. 30 proof © 1978 Heublein, Inc., Hartford, CT. Recipe offer expires Dec. 31, 1978.

DELTA QUEEN CAKE
pictured on page 109

Super rich, super chocolate. Don't overbake—should be fudge-like in center.

Cake
4 squares (1 oz. each) semisweet chocolate
2 tablespoons brewed coffee
3 eggs, separated
⅔ cup plus 1 tablespoon sugar
½ cup unsalted butter, softened
⅓ cup finely ground pecans
¾ cup unsifted all-purpose flour

Chocolate Glaze
4 squares (1 oz. each) semisweet chocolate
1 tablespoon brewed coffee
¼ cup heavy or whipping cream
3 tablespoons confectioners' sugar
½ to ¾ teaspoon water

For cake: Preheat oven to 350°F. Lightly grease 8-inch round cake pan. Line the bottom with waxed paper; grease paper and set aside.

In small saucepan over low heat, melt chocolate with the coffee, stirring constantly until smooth. Remove from heat and set aside. In small mixer bowl with the electric mixer at high speed, beat egg whites until soft peaks are formed. Add 1 tablespoon sugar and continue beating until stiff; set aside. In large mixed bowl with electric *(continued)*

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Vienna Sausages are made
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Make your own vienna roll-ups by folding refrigerated canned rolls or wraps around Vienna Sausages and baking according to package directions.



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continued

mixer at medium speed, cream bu and ⅔ cup sugar until light and flu Beat in egg yolks until well blend Add melted chocolate and ground cans to cream mixture and stir only u well combined. Fold ¼ of the egg wh into chocolate. Then fold in about ⅓ m of the remaining egg whites. When p tially blended, sprinkle on ¼ cup of flo Continue folding, adding flour and whites alternately until all are us Pour batter into prepared pan and b on middle shelf of oven for 25 minu Test the outer 2 to 2½-inches of c with toothpick. It should be dry; center should remain moist. Cool c on wire rack for 15 minutes. Invert continue cooling on rack. Do not gl until completely cool.

Chocolate Glaze: Place all ingredie for glaze in small saucepan over l heat. Stir until chocolate is melted smooth. Place a piece of waxed pa under cake rack. Pour glaze over and sides of cake, spreading with spatula. For web effect: While glaz still soft, mix confectioners' sugar w ½-¾ teaspoon water to make a thick ing. Using a wax paper cone or deco ing bag with fine tip, make circles icing from center to outer rim of ca about 1½-inches apart. Run the tip sharp knife through the icing from center to the outer edge, spoke-fashi all around the cake. Let glaze set fore serving. Refrigerate if desired. M be served chilled or at room tempe ture. Makes 10 servings. About 345 ories per serving.

PINEAPPLE UPSIDE-DOWN CAKE
pictured on page 108

Indeed—a low calorie cake!

3 tablespoons light brown sugar
1 tablespoon diet margarine
7 pineapple slices, from 2 cans (8 oz. each) pineapple slices in pineapple juice, drained, reserving ⅓ cup juice
7 pecan halves
1 cup unsifted cake flour
1½ teaspoons double-acting baking powder
⅛ teaspoon salt
2 eggs, separated
⅓ cup sugar

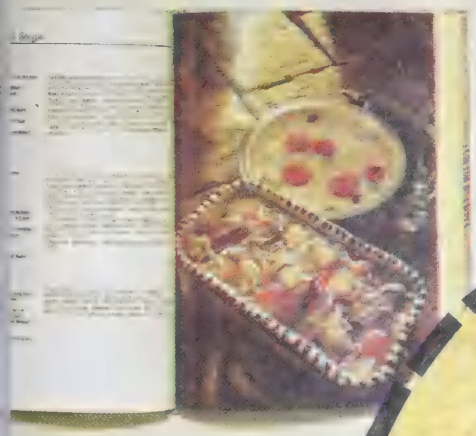
Preheat oven to 350°F. In 9-inch rou cake pan combine brown sugar margarine with rubber spatula. Ad teaspoon of the reserved pineapple ju and spread evenly on bottom of p Arrange pineapple slices in pan wit pecan half, rounded side down, in cen of each slice; set aside.

In a small bowl, combine flour, b ing powder and salt. In medium mi bowl beat egg yolks, gradually sugar until thick and pale *(continu*

200 WAYS TO PUT MEAT'N POTATOES TO SHAME.



If you're looking for ideas to get your meals cooking, get Old El Paso's new Sun Country Mexican Cookbook. The Meat and Potato Pie you see up there, made with Old El Paso Taco Seasoning Mix and Taco Sauce, will make meat and potatoes sparkle. And the Taco Salad is a meal in itself that takes about 15 minutes to prepare, and no time to disappear.



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yellow. Add remaining pineapple juice. Stir dry ingredients into yolk mixture. Beat egg whites until stiff, fold into flour-yolk mixture. Spread batter evenly over pineapple. Bake 30 minutes or until toothpick inserted in center of cake comes out clean. Cool in pan on wire rack 5 minutes. Run a sharp knife around edge of pan and invert onto serving platter. Good served warm or at room temperature. Makes 8 to 10 servings. About 135 calories for each of 10 servings, about 170 calories for each of 8.

CAPUCCINO MOUSSE
pictured on page 108

A low-calorie quickie in which chocolate lovers may blithely indulge.

2 squares (1 oz. each) semisweet chocolate, coarsely chopped
½ teaspoon instant coffee
Dash cinnamon
⅓ cup boiling water
2 egg yolks
4 egg whites, at room temperature
Low-calorie whipped topping for garnish (optional)

Place chopped chocolate, coffee and cinnamon in blender container. Blend at medium-speed for 10 seconds. Add boiling water and blend for 30 seconds, scraping down sides once. Add egg yolks and blend for 15 seconds.

In medium bowl beat egg whites until stiff. Fold chocolate mixture into whites with a rubber spatula. Spoon into a bowl or individual serving dishes. Chill for at least 2 hours before serving. Garnish. Makes seven ½ cup servings. About 65 calories each without topping.

FROZEN STRAWBERRY YOGURT
pictured on page 111

Frozen yogurt is the thing these days, and it's a breeze to make at home.

Yogurt
4 cups plain low-fat yogurt
3 cups sliced strawberries (about 2 pints)
½ cup honey
¼ teaspoon almond extract
To freeze
Ice cubes
1 pound table salt
Strawberries, for garnish

Yogurt: Place half of yogurt ingredients into blender container. Cover and blend, scraping down sides of blender occasionally until smooth. Pour into a 2-quart ice cream can. Repeat, blending remaining ingredients. Freeze according to manufacturers' directions for frozen yogurt. Serve immediately for best texture. Or, pour into an 8-cup mold, cover and freeze until firm, about 3 hours.

To serve, dip mold into hot water and invert onto serving platter. Garnish with additional strawberries. Makes eight 1-cup servings. About 160 calories each. NOTE: For electric or hand crank ice cream freezer using crushed ice and rock salt: Prepare yogurt mixture as above. Pour into freezer can; insert dasher. Cover with lid. Place in bucket. Attach motor or hand crank. Follow manufacturers' directions for the electric ice cream maker. (For hand crank, fill bucket half full with ice. Sprinkle on about 1 cup rock salt. Continue adding layers of ice and salt in a 4 to 1 proportion to 1-inch below can lid. Begin cranking, adding more ice and salt as needed). It takes about 15 to 20 minutes to freeze.

To serve, remove motor or crank. Drain off water. Remove can from bucket. Wipe off lid before removing. Remove dasher. Serve immediately for best texture. Makes about 2 quarts.

To harden, scrape down sides of metal cream can; cover and place in freezer for 2 to 3 hours until firm.

CITRUS SOUFFLÉ
pictured on page 110

Light and airy with a pleasing tang.

½ cup evaporated milk
1 envelope unflavored gelatin
¼ cup water
3 eggs, separated
½ cup sugar
1 tablespoon grated orange peel
1 tablespoon grated lemon peel
¾ cup fresh orange juice
2 tablespoons fresh lemon juice, divided
Additional grated orange peel for garnish

Pour evaporated milk into medium bowl and place in freezer for about 25 minutes.

Meanwhile, in a small saucepan, sprinkle gelatin over water; let stand for 1 minute. Cook gelatin over low heat, stirring constantly, until gelatin is dissolved. Cool. In medium mixer bowl beat egg yolks; gradually add sugar until the mixture becomes thick and light in color. Add the cooled gelatin, orange and lemon peel, orange juice and 4 teaspoons lemon juice, beat until combined. Chill until mixture is thick enough to mound when dropped from a spoon, about 30 minutes.

Fold a piece of waxed paper in thirds, long enough to fit around the edge of a 4-cup soufflé dish; secure with tape. Set aside. In medium bowl with mixer at high speed, beat egg whites until stiff; set aside. Remove chilled evaporated milk from freezer (some of the milk around the edge of the bowl will have frozen) and add the remaining 2 teaspoons lemon juice. Beat until thickened to the consistency of soft whipped cream. Fold milk and egg whites into the gelatin mixture. Pour into prepared dish. Refrigerate for at least 3 hours or until set. To serve, remove waxed paper and garnish with grated orange peel. Serves 6 to 8. About 150 calories for each of 6, 115 calories for each of 8.

NECTARINE CUSTARD
pictured on page 110

Fresh nectarines enhance good old fashioned baked custard.

4 nectarines, sliced (about 1 pound)
⅓ cup plus 1 tablespoon sugar
3 cups milk
4 eggs
1 teaspoon vanilla extract
⅛ teaspoon nutmeg
⅛ teaspoon salt

Preheat oven to 325°F. In medium bow toss nectarines with 1 tablespoon suga Place in bottom of a 6-cup baking dis

In medium saucepan heat milk wit remaining sugar over medium heat u til bubbles form around edge. In a larg bowl lightly beat eggs with wire whis Slowly pour hot milk into the eggs, bea ing with the whisk. Add vanilla, nutme and salt. Pour over nectarines in bakin dish. Place in a baking pan, put in ove and pour hot (not boiling) water int baking pan up to 1-inch from top of pa Bake custard 1 hour or until knife i serted in center comes out clean. Coo then refrigerate. Serve well chille Makes 8 ¾-cup servings. About 170 ca ories each.

KIWI LIME MERINGUE TARTS
pictured on page 111

A variation of the classic angel pie. you haven't tried kiwi fruit, you're in fo a grand treat.

Meringue shells
4 egg whites, at room temperature
½ teaspoon cream of tartar
⅛ teaspoon salt
1 cup sugar
Filling
4 egg yolks
½ cup sugar
⅓ cup fresh lime juice
1 cup heavy or whipping cream
2 kiwi fruits, peeled and chopped (for filling)
2 kiwi fruits, peeled and sliced (for garnish)

Meringue shells: Preheat oven to 225°F Line a baking sheet with aluminum foi Draw six 3-inch circles on foil using plate as a guide; set aside. Beat eg whites until frothy, add cream of tart and salt and continue beating until so peaks form. Gradually add sugar, tablespoons at a time, beating well aft each addition until sugar is dissolve Continue beating until egg whites ar glossy and stand in stiff peaks, abou 10 minutes.

*To make shells:** Use a large pastry ba with a ½-inch wide #6 fluted tip. Spoo meringue into pastry bag. (We foun it much easier to fill a pastry bag b supporting it in a tall container such a a blender jar.) Holding pastry bag at 90° angle to foil-lined cookie shee pipe meringue to fill in each circle fo base. Continue piping 3 layers aroun the edge of the base to form a shel Makes 6 shells. *(If you don't have pastry bag: Prepare cookie sheets an meringue as above. Divide *(continued*

Q. Does Speed Queen pack a coupon for Tide in every new automatic washer?

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HIGH LOW ?

continued

meringue evenly on each circle on the cookie sheet. Using back of a spoon shape each meringue into a "nest" making a high wide edge.) Bake for 1 hour, 15 minutes. Turn oven off and leave meringues in oven at least 3 hours or overnight until crisp. Remove from foil. *Filling:* In top of double boiler, using a wire whisk, stir together egg yolks, sugar and lime juice. Cook over simmering water until thickened (about 10 to 12 minutes) stirring constantly with whisk. Remove from heat and chill. Beat cream until stiff peaks form. Beat chilled egg yolk mixture with whisk, fold in whipped cream and chopped kiwis. Refrigerate until serving time.

To serve, spoon filling into meringue shells. Garnish with slices of kiwi. Makes 6 servings. About 400 calories each.

CHOCOLATE BANANA CREAM PIE
pictured on page 110

A pie to die over! Double-layered chocolate (with rum) and vanilla, a nutty crust and lots of bananas.

Nut Crust
- **1 cup unsifted all-purpose flour**
- **¼ cup ground walnuts**
- **2 teaspoons sugar**
- **1 teaspoon salt**
- **3 tablespoons shortening**
- **2 tablespoons butter or margarine**
- **3 tablespoons iced water**

Filling
- **¾ cup sugar**
- **½ cup unsifted all-purpose flour**
- **¼ teaspoon salt**
- **2½ cups milk**
- **4 egg yolks**
- **3 tablespoons butter or margarine**
- **1½ teaspoons vanilla extract**
- **2 squares (1 oz. each) semisweet chocolate**
- **3 tablespoons dark rum**
- **4 bananas**

Glaze
- **⅓ cup apple jelly**

For Crust: In medium bowl combine flour, nuts, sugar and salt. Cut in shortening and butter or margarine with a pastry blender or 2 knives used scissor-fashion until mixture resembles corn meal. With fork stir in water; shape pastry into ball. Wrap and refrigerate at least 30 minutes.

Preheat oven to 375°F. On a lightly floured surface roll out pastry into circle. Transfer dough to 9-inch pie plate, trim edge and flute. With a fork prick the bottom and sides of dough. Bake for 15 minutes until light brown. Remove from oven and cool on wire rack.

Filling: In medium saucepan combine sugar, flour and salt. Slowly stir in milk. Cook over medium-high heat to boiling, stirring constantly with whisk; boil and stir 1 minute. In small bowl beat egg yolks. Stir some hot mixture into yolks, then return yolks to saucepan, beating constantly to prevent lumping. Reduce heat and cook, stirring constantly, for 2 minutes. Add butter or margarine and stir until it melts. Remove 2 cups of the custard to a medium bowl. Stir in vanilla. Cover surface of custard with plastic wrap and cool. Stir chocolate and rum into remaining custard in saucepan until chocolate has melted. Cool. Slice 1 banana into ¼-inch slices and fold into chocolate custard. Spoon evenly into baked pie crust. Spread vanilla custard on top of chocolate. Slice remaining 3 bananas and place in concentric circles on top of filling.

Glaze: In small saucepan melt apple jelly over low heat, cool slightly. Brush over bananas. Refrigerate until serving time. Makes 8 or 10 servings. About 500 calories each for 8 servings; about 400 calories each for 10.

ORANGE ICE CREAM CAKE
pictured on page 110

A production in orangeness. The filling, by the way, is quite tasty as is.

Filling
- **2 pints vanilla ice cream, softened**
- **1 can (6 oz.) frozen orange juice concentrate, thawed and undiluted**
- **¼ cup orange-flavored liqueur**
- **1 teaspoon grated orange peel**

1 package (18.5 oz.) orange cake mix

Frosting
- **1½ cups heavy or whipping cream**
- **2 tablespoons sugar**
- **3 tablespoons orange-flavored liqueur**

Prepare at least one day before serving. *Filling:* Line the bottom of two 8-inch round cake pans with waxed paper. In a large mixer bowl combine ice cream, orange juice concentrate, orange-flavored liqueur and grated orange peel until well blended. Divide evenly between two 8-inch cake pans. Wrap and freeze until firm, up to 24 hours. Remove ice cream from pans. Peel off paper. Wrap ice cream; store in freezer.

Preheat oven to 350°F. Grease and flour 3 8-inch cake pans. Prepare orange cake mix according to package directions. Divide batter evenly among the 3 pans. Bake 25 to 30 minutes or until a toothpick inserted in center comes out clean. Cool in pans on wire racks 15 minutes. Remove from pans and continue cooling. Wrap well, chill or freeze.

At least 6 hours before serving: Assemble cake: Unwrap cake layers. Place one cake layer on plate. Unwrap one ice cream layer and place on cake layer. Remove paper. Top with second cake layer. Repeat with remaining ice cream and cake layers. Wrap, return to freezer. *Frosting:* Up to 3 hours before serving; whip cream with sugar until soft peaks form. Add liqueur, continue beating until stiff. Remove cake from freezer, unwrap, frost sides and top with whipped cream. Return to freezer until 10 minutes before serving. Makes 10 servings, 565 calories each. **End**



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Pet Journal

Roger Caras

Vacation for you doesn't have to mean unhappiness for your pet. With careful planning, both of you can have a good time —together or apart.



Photograph by Walter Chandoha

For millions of Americans, vacation time means travel time. The airports are jammed, the highways are bumper to bumper and the resorts, motels and parks are full. What happens to the pets all those travelers own? What are you going to do with *your* pets if you decide to travel this summer?

Should you take your pets along? Many parks, nature sanctuaries and other preserves do not permit pets. Many hotels and resorts also ban them. If you're thinking of taking your animal friend along, be certain you know in advance that pets will be welcome. (The Gaines Dog Research Center has a very useful book called *Touring with Towser* that lists, state by state, more than 5,000 hotels and motels that *will* take in dogs and cats. Send a check or money order for $1.00 to: Gaines TWT, P.O. Box 1007, Kankakee, Ill. 60901.)

If you are going to be visiting very warm areas, remember that leaving pets in a hot car may kill them. To avoid this problem, leave your friends at home.

If you do decide to take your pet along, there are a number of things to remember: 1. See your veterinarian and be sure all shots are up to date; 2. Be sure your dog is on heartworm medication no matter where you are going. Anywhere mosquitoes are found, heartworm is a possibility; 3. Take a supply of your pet's regular food along. Not all brands are available everywhere. It is enough to ask your pet to accept a change in scenery without asking him or her to go off regular feed as well; 4. Carry a water dish *and* fresh water in the car with you at all times; 5. Be sure you have an extra collar and lead, just in case. And *never* let your pet wander in strange country. You could lose him or her for good; 6. Don't allow your pet to become a nuisance to other vacationers. Observe local rules and regulations.

What arrangements can you make if your pet is to stay at home? The very best arrangement is to have a sitter live in your home while you are away. A relative or reliable teenager from your own neighborhood can move in, keep your pet on his or her regular schedule and watch over your property as well. Leave written instructions, a full supply of your pet's food and your veterinarian's phone number. Also leave your itinerary if that is possible.

What if it isn't possible to find a live-in sitter? The second best arrangement is to have your pet move in with family or friends. Be sure to send detailed instructions, along with a full supply of food. If your pet has a bed of his or her own, that should go along as well.

If this option is not feasible, you probably will have to board your pet in a professional facility. Check first with your veterinarian; many veterinary hospitals are equipped to take boarders. An advantage: Your vet will be right there if your pet needs medical attention.

If you purchased your cat or dog from a professional breeder, there may be room in that kennel or cattery. If the breeder doesn't have room, he or she may be able to give you some good leads to reliable boarding kennels.

Professional boarding kennels range from the divine (better than some places you may stay in during your trip!) to the perfectly dreadful. It is up to you to visit prospective kennels well in advance to determine whether or not your pet can be happy there. (Your pet will never *really* be happy when boarded out!)

What do you look for in a boarding kennel?

Cleanliness. A kennel should be clean and bright. Although it will almost inevitably smell of animals, it should not smell dirty or look unattended.

Room. The cages or holding pens should be large enough to accommodate your pet comfortably. And dogs must have *individual* outside runs.

Staff. The people who will be caring for your pet should be neat, courteous and have a professional air.

Danger signs. Do not leave your pet in any facility that refuses to show you exactly where and how your friend will be maintained. If there's something to hide, you don't want your pet to find out what it is after you're already on your way.

Diet. Be certain there is prior agreement on diet. Tell the kennel staff what you want your pet to eat. Be sure, as well, that they have your veterinarian's phone number and make it clear that you are going to phone periodically for a report.

Remember, pets don't like change. They like their own homes, especially with you there. Make sure that your pet's time away from you is as comfortable as you can possibly make it.

End

'or dogs who love hamburger.



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ROSALIND'S REVENGE

An exclusive excerpt from James A. Michener's "Chesapeake."
(continued from page 95)



ole prevented her from gain-
g weight. She suffered the
nominy of watching suitors
me down the Rappahannock,
t always for her sisters.
hen it became evident that
younger girls must make
eir matches now, while they
re in full bloom, she gra-
usly stepped aside, telling her
rents, "I think Missy should
rry the Lee boy. He seems a
per match." And she also
ged the marriage of Letty to
Cowperthwaite lad.

At 25, she had been aimless,
all, ungainly young woman,
rticipant in no social life and
t increasingly alone. She
cided if she was not beautiful,
least she would be brilliant.

om that moment, her life changed. She saw no suitors, but she
l see how a plantation should be run. She became adept in
imating whether tobacco would bring more at London or at
istol, where ships from Virginia rarely put in. And she became
ite canny in the management of slaves, knowing when to buy
sell. After a year of intense study, she transformed herself
o a proficient manager, never harsh or overweening, but keen-
aware of all that happened within her domain.

Her father, watching her single-minded concentration, under-
od the substitution she was making—the manager instead of
mistress—and it distressed him that a daughter of his should
forced into such an unproductive alley. He began to take
ecial interest in her and to talk with her more than he had
r done with her sisters.

"Stop worrying, Fair Rosalind. It's my job to see you catch
urself a husband."

"I've surrendered that longing."

"Never! You're too precious a melon to lie wasting on the
ne."

"Father," she said as if reading his mind, "you're a rogue.
on't go peddling me through the countryside."

Her admonition was futile; a week later, when a tobacco ship
ived from London, he announced to the entire family, "Glori-
s day! We've found a husband for Fair Rosalind!"

Cheers greeted this longed-for news, and Rosalind's sisters left
ir places to kiss her. "Now our families can all live together,"
tty cried, but her father dampened this enthusiasm by saying,
oz won't be living here. She'll be across the bay in Maryland."

The Janneys gasped. Maryland! To exile the daughter of a
valier family to Maryland was a sentence only slightly less
midable than death.

With studied care, Thomas Janney spelled out the terms of
deal he had arranged: "He's a distinguished gentleman, whose
cestors reached the James River forty years before ours reached
Rappahannock, which makes him gentry. He owns two thou-
nd acres—an entire island—plus another four thousand on a
e river—slaves, his own harbor, acres of tobacco—" His voice
iled off in a way to suggest that the bad news would follow.

"How old is he?" Missy asked.

"He's got a substantial plantation. . . . He's been married be-
e, his wife died in childbirth. He's forty."

Another long silence, during which Janney could see his daugh-
s calculating how old the proposed bridegroom was in relation to their father. "He sounds ancient."

Now Rosalind spoke. "Have you met him?"

"How would I meet him? He's over in Maryland."

"How did you hear of him?"

"Fithians. I wrote to Fithians in London and told them of my problem."

"Oh, my God!" Rosalind exploded. "You peddled me through the streets of London like a shipload of tobacco!" Fithians, the famous London family that had become an institution for financing trade, often provided assistance of a more personal nature when necessary. Now, they had provided a husband for Rosalind.

"We've been trying to find you a husband," Janney said.

"How much did you authorize Fithians to pay—if someone would take me?" Rosalind asked icily.

"Fithians assures me that your future husband requires no dowry!"

Rosalind arranged her knife and fork in a precise pattern, then asked, "One thing's important. Is he of good repute?"

"He is. Fithians have done business with his family much longer than ours."

"Shouldn't you tell me his name? If I'm to be married to him."

"There's one thing more, Roz. He's Papist." And before any of the family could protest, he added, "But he's promised that you won't have to convert."

"Generous," Rosalind said bleakly.

"His name is Fitzhugh Steed!"

"He's a Steed!" Missy cried joyously, and each of the young people recalled friends who had connections with this distinguished family. Almost every Catholic home along the great rivers of Virginia had sent children to marry the Steeds. "Oh, you lucky girl!" Letty cried. But Rosalind looked straight ahead, for she had not intended marrying a man of 40.

So on a September day in 1701, Rosalind Janney walked soberly down to the family wharf, holding fast to the hands of her weeping sisters. At the final stretch of lawn, she looked with apprehension toward the pinnace that had been packed the day before with those personal things she was carrying to her new home, but in its place stood a lovely snow, its three masts yellow, its trim red, its body brown and its waterline blue. On its stern, lettered in gold, stood the name *Fair Rosalind.* It was a magnificent gift, large enough to sail to London; she would descend upon her new home in grandeur.

Her father clasped her and said, "Always remember, you're a Janney of Virginia. Be proud. Be a good wife. And teach your children that they come of good blood."

She watched her family standing on the wharf until they became distant figures. When they vanished, she studied each house, each tree along this river she loved so much. Then the river vanished, and finally Virginia itself, lost in mists, and she began to weep.

By the next morning, her good spirits had returned. Her snow pulled into the lee of Devon Island, breasted the eastern headland and turned west to find the creek. As it progressed slowly inland, she had a chance to inspect her new home: a giant oak,

a lawn as fair as any in Virginia, a rambling wooden house that bespoke decades of exciting living, and on the wharf a handsome man of 40, fair-haired, relaxed in manner, and from the way he carried himself, probably vain and self-indulgent. Beside him stood a petite girl, her hair in braids, and it was she who first offered greetings. Curtsying prettily, she extended her hand and said, "I'm Evelyn, your new daughter." The man smiled and reached out to help. "Hullo," he said. "I'm Hugh Steed."

Rosalind, staring up at the handsome pair, knew how ugly she must appear to them. She tried to smile. "I'm Rosalind Janney."

But when she stepped onto the wharf and stood beside these resplendent people, she felt faint and wondered if she could carry this thing through, this marriage arranged by Fithians across the ocean, but then she gritted her teeth, allowed Fitzhugh Steed to kiss her, and thought sardonically: Courage, lass. You're the granddaughter of a Cavalier who rode with Prince Rupert at Marston Moor.

When Rosalind walked away from the wharf toward the plantation house, she realized that the Steed house needed pulling together—and so did its inhabitants. Gathering her skirt in her left hand, she marched to the task.

Fitzhugh led her onto the wooden porch, paused so that she could look back upon the creek and its activity, and said grandly, "It's all to be yours. It cries out for your attention."

She smiled, "Governing a plantation is a monstrous job. You seem to have done well without me."

He chuckled and told his daughter, "Show your new mother to her quarters," and he was gone, his lace-touched coat bobbing in the sunlight.

Evelyn Steed was even more gracious than her father. She was a pert little princess, bubbling with self-assurance and eager to help this newcomer establish herself properly. Taking Rosalind by the hand, she led her through dark hallways to a spacious bedroom overlooking the creek, and then, when it might have been time for her to drop Rosalind's hand, she caught the other one and squeezed it tightly.

"We've needed you so much," she cried impulsively. "We're all so glad you've come."

Rosalind caught her breath, touched by the girl's sincerity. "Where is your brother?"

"Mark? He's at St. Omer's. In France. All Catholic boys study at St. Omer's. If their fathers have ships. It's been most awfully lonesome here—with Mother gone, Mark in France."

"Your mother . . .?"

"Died. Seems years ago." She pirouetted lightly, placing Rosalind's garments in chests. "And Father's been fully as lonely as I." She came to rest directly opposite Rosalind, "Although Father's most eager to marry me off, and he's been writing to the Claxtons across the bay in Annapolis."

"Is he a pleasing young man?" Rosalind asked.

"Never saw him. It's all been done with letters."

"As in my case," Rosalind said.

"You, too?" The girl's braids flashed in the air as she swung about to look at Rosalind and laugh: "So you're a letter bride!"

"By way of London. Your father inquired of Fithians if they had a bride and they wrote—"

"You're Fithians, too?" Evelyn cried gleefully, and she danced about the room making mock introductions: "Miss Fithian, meet Miss Fithian!" But her laughter died abruptly as she said softly, "Maybe it's permissible to be a letter bride when you're twenty-six. At my age, I'd like at least to see him."

"So you shall!" Rosalind said impulsively, remembering her own reactions to a similar situation.

Evelyn hugged Rosalind happily. She hesitated. "What am I to call you? Mother? Or what?"

"You're to call me Rosalind. I am Rosalind Janney, soon to be Steed."

On the fourth day of Rosalind's stay at Devon, she was wed. The ceremony surprised her; it was almost indistinguishable from her sisters' in the Church of England, and Father Darnley, the priest who had come over from Annapolis, did everything reasonable to make her feel at ease. Rosalind arranged it so tha Father Darnley sat next to Evelyn, and during the festivities afte the ceremony, she kept an eye on her new daughter and sa with satisfaction that a lively conversation was under way. To ward the end of the banquet, she moved to the other side of th priest and asked, "What have you been able to tell her of th Claxtons?"

"A splendid Catholic family."

"And the son, Regis?"

"A fine Catholic." He said this with falling inflection, as that were all he could say of the young man—or all he wishe to say.

"But not an exciting prospect for a husband?" Rosalind aske bluntly.

"Exciting? No. Trustworthy? Yes."

"I see," Rosalind said, and from the manner in which Darnle turned from her to attack his persimmon pudding, she knew th he would confide no more. In his human alphabet young Claxto rated zed.

Now the day ended. In the bridal bedroom, Fitzhugh Stee experienced a kind of relief. From the moment his first wife ha died, a supremely silly child unequal to the task of living on a island and rearing two children, he had known that he mu remarry. He required someone exactly like Rosalind: older, good family and safely past the age of romantic folly. He neede someone to oversee Evelyn's getting married and Mark's introdu tion to the management of the plantation. Now he was satisfie he had done the right thing.

While Rosalind undressed behind a screen, he quickly slippe out of his marriage suit and jumped into bed, where he awaite her. When she carried her candle to the nightstand, her da hair flowing over her shoulders, she looked almost presentabl and from his pillow he cried, "Roz! You're downright beau ful!"—and he reached out his hand. She would never forget th gesture; she often wondered what force of character it had r quired for him to make it, but she was grateful that he had do so.

"I want to be a good wife," she said as she blew out the flicke ing light.

"You're going to be the best," he assured her, pulling her in the bed.

On the wintry afternoon of March 25, 1702, Rosalind i formed her husband that she was pregnant, and t following September she gave birth to a son, Samu

After the birth of her first child, Rosalind tackled the job organizing the Steed holdings. She decided to begin with t rambling house. Fitzhugh suggested she study the Quaker hou on Peace Cliff to get some idea of how a well-built house looke It was there she met Ruth Brinton Paxmore, a woman of 6 stark and clear-minded as she moved about her lovely hom dressed in the austere gray of the Quakers.

They had talked for less than ten minutes when Ruth Paxmo interrupted the pleasantries: "Has thee any plans at Devon f the manumission of thy slaves?"

The question was so startling that Rosalind was unable respond, but her confusion mounted as the old woman continue "This is a question we must all face." She spoke with such si cerity, with such obvious fire of conscience, that Rosalind couldn help but admire her. She could only admit that she'd never giv any thought to the matter. The women spoke for two hours, d cussing first the trivialities of the kitchen and next the profun ties of the church, then of their families. In these two hou Rosalind learned more about the Steeds than she ever had in a her conversations with her husband.

Finally, Ruth Brinton Paxmore hesitated, frowned and to Rosalind's hand.

"You have a problem, Rosalind. It's the kind of problem which God tests us. Is your faith strong?"

"Strong? For what?"

"I think thee must assume responsibility for thy husban other children in the marsh, in the swamps of human despair.

"What marsh?" asked Rosalind, without changing her to

"The Turlock marsh—the one around the bend of the optank."

And she proceeded to instruct Rosalind in a subject which had ver been alluded to at Devon: "A prisoner named Turlock aped to the marsh many years ago. He bred. With any woman could lay hands on he bred an assembly of infamous children nalfwits, criminals, devious young people . . . and some worthy salvation." She hesitated, then said quickly on a new tack. ld Turlock found a Swedish woman somewhere, and she had lattern named Flora, and Flora had a slattern named Nelly, l this Nelly. . . ."

"Where did my husband meet her?" Rosalind asked quietly.

"In the marsh." The old woman spoke with no condemnation. e's not to blame, Rosalind. As thee undoubtedly knows, his e was a poor thing, able to perform only one job—the pro- tion of two handsome children."

"Was this long ago?"

"It's now." She continued, "Nelly Turlock's not qualified to r them. With her they'll become rsh deer."

"What's she like?"

"Beautiful, of course."

"Did she ever live at Devon?"

"Heavens, no! Fitzhugh would no re think of allowing her on the ce. . . . It's as if she were one of his ves. He might lie with her, but he tainly would never . . ."

"You've given me much to think of," salind said.

"Thee will live a long time on this er," the old woman said, "and en- nter many obligations. Thy hus- id. His children. Thy own. Life con- s of sending everything forward. Ev- thing."

"I came to see your house," Rosalind l as she bade the old Quaker good- , "but what I saw was my own."

On the sail back to Devon, she tried evaluate what she had learned. Fitz- h was revealing himself to be exact- as represented: a self-indulgent, derately capable man, content to ulate the management of either a ntation or a marriage; her own child e promise of being intelligent, and him, plus the others that might fol- , she would have to rely. She could nothing to be gained by confronting hugh with her knowledge of his conduct in the marsh.

Fitzhugh Steed: A handsome man of 40, fair-haired, relaxed in manner, but vain and self-indulgent.



he was not distraught by this uncovering of her husband's be- ior; if he had preferred to frolic in the marsh rather than live ously at the plantation, and if he needed the transient beauty his wild creature rather than the stately assurance of an edu- d wife, so much the worse for him. She began building those dy defenses with which women protect themselves from the acles of the bedroom. Henceforth her focus would be on the se, the gardens and the children.

The launching of her beautiful garden was delayed, for as she began to stake out its paths she chanced to look up, and there stood her daughter Evelyn, now 18 and bloom- like the lovely flowers of autumn. "How awful!" Rosalind d impulsively, rising to embrace her daughter. "I'm worrying ut a garden and ignoring the most precious blossom of them " She kissed Evelyn and at table that night told Fitzhugh: "To- rrow we start to find a husband for this girl." And he replied: o worry. I've sent across the bay to fetch the Claxton boy."

But when the Steed slaves reached Annapolis with the invita- n, the young man told them: "I'd not like to cross the Chesa- ke till the weather settles," and they returned empty-handed. When this heroic response was repeated at table, Evelyn blushed; she had sailed the Choptank in all weathers. Rosalind exploded: "Good heavens! If I were a young man about to meet my love for the first time . . ." She paused to calculate what she might do, then said slowly, "I do believe I'd head into the heart of a hurricane."

"I think you would," Fitzhugh agreed, adding: "But Regis will arrive in good time, and our chick will be married." Two weeks later, a boat arrived from Annapolis bringing not Claxton but Father Darnley, who informed the Steeds that young Regis and his mother would be crossing any day now for the wedding."

"A sorry situation," Rosalind grumbled. "The priest appearing before the bridegroom." But Fitzhugh reminded her: "The Claxtons are an important family and must be treated with respect."

"Why in damnation does a boy have to be brought to his wedding by his mother?" No one responded.

So when the bay was calm, the Claxtons came over, but their meeting with the Steeds was not congenial. Mrs. Claxton, from an upstart family with ample lands, led her chinless son Regis up the path from the Devon wharf and shoved him in position to be greeted by his intended bride. "Do come in," said Rosalind expansively. "This is my husband, Fitzhugh, and I'm sure you know from Fithians' letters that this must be Evelyn." She lavished praise upon the Claxtons. "You're known as one of the really great families of Maryland, and we're honored that you've come to visit us."

Evelyn, of course, saw that her mother was teasing the Claxtons into fatuous reactions, and they complied: "We're really not one of the principal families. The Dashiells own a much larger plantation."

Rosalind paid special attention to the young man, showering him with ironic flattery, against which he could not defend himself. At one point she said, "Father Darnley told us you're an outstanding huntsman," and he replied, "One day I shot three rabbits," and she said, "Remarkable!"

That first afternoon had been painful enough, but as the visit progressed, things deteriorated. Mrs. Claxton showed herself to be a ninny, and her son seemed determined to prove that he had inherited her salient qualities. Even Evelyn, once so hopeful that Regis might be the one to lead her to a new life across the bay, surrendered such dreams and confided to her mother: "He is really impossible."

Rosalind responded: "You cannot allow this wrongful thing to proceed."

"I am powerless to stop it."

Rosalind shook her: "You are never entitled to use that excuse. Any human being with strong character can oppose wrong."

"I'm eighteen!" Evelyn wailed. "And Father worked hard to arrange this marriage."

Rosalind broke in: "Dearest child, age is nothing. Your father's vanity is nothing. All that matters is that you build the best life possible. That you become the best human being possible. With Regis Claxton you'll have no possibilities. Believe me, Evelyn, you're a special girl. You have a particular beauty. Men will seek you out, and there's no law which says they have to be Catholics."

"He was the only one Fithians could find."

"Fithians! Goddamn Fithians."

The force with which Rosalind uttered these words startled the girl, and she turned to ask her mother directly, "Has it been so bad?"

"Not as you think," Rosalind replied. "Your father's been most kind, Evelyn, as you've had opportunity to witness. But this system! This writing of letters of application to Fithians in London! This stupid arranging of lives according to external patterns . . ." Rosalind stalked about the room, a towering figure of rebellion.

Evelyn sat, amazed at this sudden display of righteous anger, but then Rosalind bent down and kissed her: "You are infinitely precious to me, and I cannot stand idle and watch you waste your talents on a dunderhead. I cannot."

At breakfast next morning, she warned her husband that this foolish marriage must not go forward, but he ignored her protests on the grounds that to halt things now would be embarrassing, and he had already summoned the priest and the servants. The Claxtons came down late, hoping to make a grand entrance, but when Rosalind saw them she could not stifle her laughter. "Fitzhugh," she whispered, "you can't go ahead with this."

"Everyone's here," he said brightly, stepping forward to greet Mrs. Claxton.

But when he herded the two young people into position before Father Darnley, Rosalind could keep quiet no longer and cried in a loud voice: "Stop this farce!"

"What . . . ?" Mrs. Claxton made a strangling sound and looked as if she might faint.

"Get them out of here!" Rosalind ordered, but there was no one to obey. Fitzhugh was choleric. The servants were dumbfounded. And Father Darnley stood silent, waiting for any eventuality.

"Out, I said! All of you, out!" she thundered.

The slaves responded first, retreating through an open door. The white indentures followed, shoved along by Rosalind, who then faced the bewildered Claxtons. With her arms bent at the elbow, as if her fists were eager to strike, she said quietly, "The farce is ended. Take yourselves home across the bay." And she did not let up until her visitors were on the porch, with their bags coming down the stairs.

"This is infamous!" Mrs. Claxton protested as Fitzhugh consoled her, trying to lead her back into the house, but Rosalind would permit no conciliation.

"This has been a dreadful mistake. You must leave." And she shoved them toward the landing. Tall and resolute, she glowered at them like some clear-seeing goddess, and after a while they crept to their sloop, whose bow headed toward Annapolis.

As Father Darnley went to the sloop that would take him, too, back to Annapolis, Rosalind involved him in her strategy: "Sweet Father, I have behaved poorly, but you know what happened. Now find us a bridegroom for this girl. Tell the young men that I shall settle upon her a great share of my own dowry. But for the love of God, do something to save this soul."

When the sloops were gone and the Steeds were left to absorb the reverberating shocks Rosalind had generated, Fitzhugh started to fulminate, believing that to be his duty as man-of-the-house, but his attempts were so ludicrous that Rosalind ignored him. Clasping his daughter—really her daughter—she whispered: "On this day we did a good thing. Fifty years from now, gentle flower, you'll look back and laugh, and bless me, for I have saved your life."

In February 1703, when annual storms swept the Chesapeake, a small boat put into Devon Creek bearing a solitary traveler, a young man, his hair tousled by wind and rain. Finding no one at the wharf, he pulled his homespun jacket about his damp shoulders and started toward the house.

Belatedly, an indentured servent spotted him and starte shouting: "Stranger coming to our landing!" And down the se vant came to warn the young man that this was Steed propert

"I know," the young fellow said, plowing straight ahead. "F ther Darnley sent me."

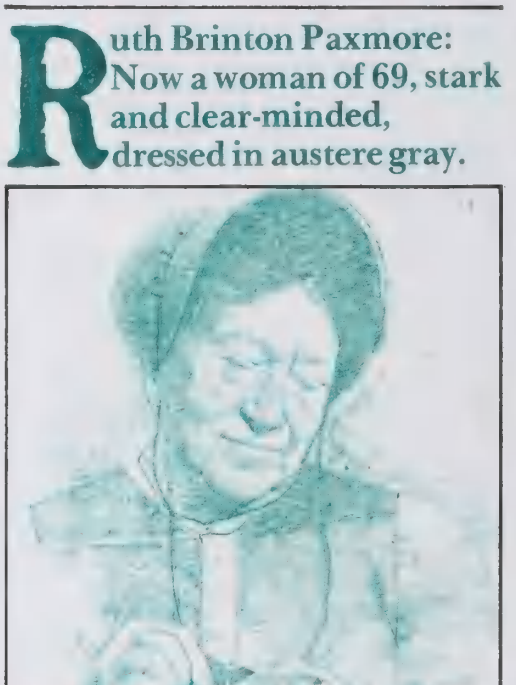
From the doorway, Rosalind Steed heard these words ar rushed out into the rain to greet the stranger. "We are so glad meet you," she said in great excitement, clutching the your man's arm and leading him to the porch. She watched admiring as he stamped his feet and swung his arms to knock away t rain.

"Name's Thomas Yates, James River. Father Darnley to me to . . ."

Rosalind saw no need to mask her delight. "Evelyn!" she cri triumphantly, "a young man's come to see you . . . through t storm."

For the next few years, she was free to tend her garden. H daughter was married. Her son, Mar was doing well at the college in Franc And her husband had resumed his ro tine of some days on Devon, some the marsh . . . But there was a growi concern over the next two years f Rosalind; the pirates. In these years, t Chesapeake shivered under a state siege; more than a hundred pirate shi —English from Jamaica, French fro Martinique—clustered at Cape Henr waiting to pounce on any merchant sh from Virginia or Maryland foolhar enough to risk running the blockad And, if the frightened merchantmen mained huddled at their wharves, t pirates ventured arrogantly into t bay, ravaging any plantations on e posed headlands. Many an English fa ily on the James River, or the York Rappahannock, experienced the ter of seeing French pirates sail boldly their wharf, storm ashore and plund the plantation.

Ruth Brinton Paxmore: Now a woman of 69, stark and clear-minded, dressed in austere gray.



Nor was the British navy of mu help; it was engaged in that wild a futile War of the Spanish Successio its ships were needed to support t Duke of Marlborough as he fought Flanders against the French, and no were available to confront the pirates the Caribbean. Any English ship leavi either London or Annapolis ran the risk of almost certain ca ture, and if resistance was offered, it was likely that all passeng would be either shot or hanged.

The distraught colonists, whose existence depended upon co merce with London, devised a strategy that was furiously expe sive but also effective: English ships would cross the Atlantic o in giant convoys, one leaving London in October, another depa ing the Chesapeake in May. During the remainder of the year, ship would venture forth, except swift blockade runners like t *Fair Rosalind*. These took enormous risks, trusting upon th speed to outrun the waiting pirates; if they succeeded, th profits were exorbitant.

Mark Steed, Fitzhugh's oldest son, left England, where he h gone to study law, in the October 1707 convoy, to return to home and family. His ship, a two-masted brig, was owned by family, but he sought no special privilege; he was an ordina passenger making a dangerous transit.

It was an unforgettable passage, an assembly of riches, 2 vessels, a convocation of daring spirits. It was customary for t annual convoy to sail not directly to the Chesapeake, for th route was impossibly stormy, but to head for the calmer wat of Barbados, where regrouping was possible, and from there

roceed north past the pirate strongholds and on to the Chesapeake. On this trip, the convoy succeeded in reaching the bay without any major confrontations. On the third day of passage up the bay, Steed's ship left the dwindling assembly and turned toward the Choptank. Slaves on watch at the western end of the island lit fires. Other slaves, observing them, set their stacks of wood ablaze and before long someone at the plantation was firing a cannon, so that people in the big house could run to the north shore and watch their ship as it came home, safe from perils, safe from pirates.

Triumphantly, the brig entered the creek, where ropes were thrown ashore so that slaves could haul the vessel homeward, and from the deck Mark Steed, 27 and skilled in religion from France and law from England, looked out to greet his new mother.

She saw him then as she would always remember him: a young man, young in appearance, young in bravery and cleanliness of spirit. "Here comes the salvation of the Steeds," she murmured as he approached.

He was that. Where his father was indolent, he was energetic, and where his uncles had confused concepts for running a plantation, he adhered to a few basic principles. When he tried to explain them to the older Steeds, he quickly realized that they had no comprehension of what he was trying to do; the one who understood was Rosalind.

"In all things we must be self-sufficient," he told her, and she knew he was right. "Never again must we buy just slaves . . . men and women who can do nothing special. I want every indentured servant and slave on this plantation to be an expert, and if we can't train them, we'll sell them off and buy others already trained."

And they did: weavers to make the huge amounts of cloth needed each year by the Steeds and their slaves, lacemakers for the finer cloth, tailors, tanners, shoemakers, barbers, cabinetmakers, sailors, caulkers, timber men to bring huge trees to the pits, sawyers, carpenters, foundry men, ropemakers, fishermen, coopers and, most important of all, skilled handymen who could be relied upon to fix almost anything. After all, the Steeds were running what amounted to a small town, and it was Mark's responsibility to see that it functioned.

He also tended all financial matters, spending much time at the family warehouse in Patamoke casting up accounts. He was there when Nelly Turlock appeared one morning to select numerous swatches of cloth; she thrust the door open with a flourish of her right arm and strode to the middle of the room as if she were part owner. She was a striking woman, the same age as Mark but much more worldly, for when she realized that this new young man was the son of her protector, she made a special effort to attract his favorable attention and refused to be waited upon by the servants.

"I need three yards of fearnought for Charlie's hunting pants," he said with a gentle smile. As he rolled out the rough, double-thick woolen that could withstand thorns, he tried to watch her undetected, but she caught his eye and smiled again.

"And some of this Irish frize." She dropped her voice and added by way of explanation, "That's for my winter coat. The jersey is for me, too." While he measured off these fabrics, she rummaged among his goods and came up with a heavy bolt of osnaburg, good for making stout skirts against the cold weather.

"How many lengths do I need?" she asked sweetly, holding one end against her shoulder.

"Take ample," Mark advised, and he smiled at her as he cut the goods.

She ordered a great deal more, but when he had summed the numbers, she made no offer to pay. "Put it in the book of Mr. Steed," she said, and with an arrogant reach of her left forefinger she rifled through the store's accounts to identify the page on which the accounts of Fitzhugh Steed were kept. When Mark entered the latest purchases, he saw that the total debt was considerable, and it occurred to him—judging solely by what she had bought this day—that she was feeding and clothing the entire Turlock establishment.

He did not feel competent to discuss this matter with his father, but he did go to Rosalind. "It's nothing better than stealing, what that woman's doing," and this opened the problem of Fitzhugh's deportment.

Rosalind said, "Mark, it's quite simple, really, and I make no protest. Not even about the thefts."

"But he's behaving like such an ass." When Rosalind objected to this harsh evaluation, Mark continued, "I can understand how it happened while Mother was alive. Things were really rather dreadful. And after her death, there need be no restraint. But now he has a wife—a perfectly fine wife." He shook his head in disgust and walked toward the window.

"Mark, listen. He fell into this habit bit by bit. And bit by bit it's corroded him. I suppose you know they have three children."

"Children! My God!" This intelligence so disturbed him that he paced the room, then stopped before Rosalind to say bitterly, "They're my brothers and sisters . . . in a manner of speaking." This image amused him and he broke into nervous laughter. "This is really quite silly, isn't it?"

"Yes. It's what any woman must live through . . . as best she can. That is, when she's not pretty—I mean, when she's ugly."

"Mother!" The cry was an honest protest, and the confusion on Mark's face proved this. His new mother was only six years older than himself, and this spare differential caused perplexity, but she was many years wiser, and her judgments often disclosed a profundity that surprised him. The simple fact was that he liked her. She possessed all the attributes he had wanted to find in his father, and none of the debilitating weaknesses that made the elder Steed such a pathetic figure.

"Every year you'll become more beautiful," he said. "And Father won't be here to see."

"He'll outlive both of us," she predicted.

"I didn't mean that."

And when he sailed back to Patamoke to enlarge the warehouse, he hoped that Nelly Turlock would not sashay in, demanding dividends for her family. But she continued to appear, insolent, provocative, self-assured and she continued to be a source of consternation to the young Steed.

Among the visitors to the Patamoke warehouse was Amanda Paxmore, a petite, solemn Quaker girl of 18. Dressed in prim gray, with a bonnet whose strings fell untied about her shoulders, she had that clarity of skin that makes any woman beautiful; in her case, her small features were so harmoniously balanced and pleasing that whenever she entered the store Mark Steed, if he happened to be there that day, would remark upon the difference between her and the rambunctious Turlock woman. He tried on several occasions to engage her in conversation, but failed. She had come to the store for specific items required by the shipbuild-

Amanda Steed: A petite, solemn Quaker girl of 18, a gray shadow, never smiling.



ers and was not to be diverted. In the bright fabrics from Paris she would express no interest, and neither she nor any of the other Paxmores needed the lace of Bruges or the copperware of Ghent. She was a gray shadow appearing mysteriously at the town wharf in a shallop sailed by her brother, saying nothing, never smiling, never responding to gallantries.

Once, at home, he remarked upon her strange behavior, and Rosalind asked bluntly, "When are you getting married, Mark?" He replied, "When I left London, I had a kind of arrangement with Louise Fithian."

"London? I'd have thought you'd want a local wife."

"Louise is a dear, really she is." And he expounded on her qualities with an enthusiasm that pleased his mother.

"I wonder if it's a good idea to import a wife from London. I do wonder," she mused.

"There's no girl here that I know of that I'd consider," said Mark.

"You know the Paxmore girl."

"The little gray one?"

"Not so gray, Mark."

And she insisted that he accompany her to Peace Cliff. She led him to old Ruth Brinton Paxmore, who was raging.

"How terrible!" Ruth stormed. "To sell human beings, under official sanction, in the square facing the courthouse."

"Mrs. Paxmore," Rosalind interrupted. "It's always been done and it's done humanely."

"But yesterday they sold a mother north, a father south and a nine-year-old daughter upriver."

"We do not do that on the island," Rosalind said quietly.

"We all do it, my dear friend, if one does."

"No!" Rosalind protested. "Each family lives by its own standards, and no Steed has ever abused a slave. We need them and we love them."

"But if a human family can be hauled onto a dock at the very door of the house of justice. . . ." The old woman began to tremble, whereupon Amanda moved to quiet her. Speaking defensively she said, "On this point Grandmother is never satisfied."

"Nor ever will be," the old woman snapped.

"The meeting has rebuked her seven times," Amanda said. "But on she goes. A voice in the wilderness." She said this with a quiet simplicity that revealed her respect and love for the old woman.

"I wanted you to meet my son Mark," Rosalind said.

"I've heard he's a fine lad," Ruth Brinton Paxmore said.

"Where would you have heard that?"

"Amanda told me. She sees him when she goes to fetch nails."

Rosalind noticed that the little Quaker girl did not blush; she looked straight ahead without apologies, but Mark blushed profusely and Rosalind thought: He should. It's a very human reaction and it differentiates him from his father.

On the sail back to Devon, Rosalind said firmly, "I wanted you to see a real woman," and she told him briefly of Ruth Brinton Paxmore's travail in Massachusetts and of the exemplary life she had lived in Patamoke, serving as the conscience of both the Quaker and the general community.

"You don't fool me, talking about old Mrs. Paxmore. You wanted me to see Amanda . . . in her home."

"I did indeed. I wanted you to see what a home of integrity could be."

"I'd be afraid of touching a Quaker. That Amanda could be a fierce woman in a household. Did you see how she took command when you were badgering the old woman?"

"I wasn't badgering her. It's just that on slavery—"

"You were badgering her. And you're doing the same to me." He decided to have no more to do with the Paxmore girl, and now when she entered the warehouse he found excuses to avoid her. She was a prim, difficult and, in some undefinable way, repelling young woman, and he was afraid of her.

His problem of finding a wife was handled in an unusual way. On the October convoy, Fithians sent Rosalind a letter with the disturbing news that the Janney plantation, now in the hands of Rosalind's sisters and their husbands was on the verge of bankruptcy and subtly suggesting she might be able to act to save the vast plantation from being repossessed.

Immediately, Rosalind and Mark made the long sail to the Rappahannock. The degree of business deterioration they found, and the inability of the Janney sons-in-law to rectify it, were not the memorable aspects of this trip; Rosalind's remorseless annihilation of her younger sisters was.

Missy and Letty were now in their early thirties, and each as vacuous as a woman could be. They affected ignorance of all plantation matters, and when Rosalind spoke harshly of the looming catastrophe, the best they could do was whimper. They never appeared in their kitchens, leaving such matters to their slaves; knew nothing of family expenditures and considered the Janney ships as mere conveyors of merchandise from London to their drawing rooms. What had to leave the plantation for London did not concern them. It was Mark who detected the awful penalty exacted by this system: "The wastage of the wives can't be prevented. It's the destruction of the men that's so painful. If your sisters tell me one more time, 'Rosalind can manage such affairs, she was the clever one,' I'm going to strike someone. Either one of them could have been as clever as you, Rosalind. They could have been, I know it, and they've wasted their lives and their husbands' lives and now the plantation."

"You're not entirely correct," Rosalind said. "For a woman to become as fine . . . No, I mean that for a woman to achieve her capabilities, she must have an example. She cannot discover truth by herself."

"I want to get out of here, Rosalind. There's nothing we can do for these doomed people."

"We must try, we can do at least that!" his mother said, and they spent two agonizing months reorienting the Janney plantation. Mark worked with the sons-in-law, both older than himself, showing them how they must balance their funds and supervise their distant fields: "Order from Fithians only those things that will enable you to create new wealth on the land you already have. Either you produce more wealth here or you perish."

Rosalind was much harsher. Without betraying Fithians' confidences, she forced her sisters and their husbands to construct a four-year accounting and showed them the awful downward drift of their fortunes: "No more clothes from Europe, only the raw cloth. You can learn to sew. No more expensive trips. Your children can learn in Virginia what they require. Three slaves in the house. All the others at productive work."

And to their husbands she cautioned, "If you work diligently for five years, you may salvage this place. If you don't, it will go bankrupt, and on one of the convoys Fithians will send you not great packages of lace and silk but a manager to supervise the sale to someone better qualified."

Tears filled her eyes as she left her home, that lovely, quiet place where the lawns stretched forever, but this sentimental farewell did not dampen her fury, and when the Steed sloop was well down the Rappahannock she sat with Mark and talked boldly: "When this boat reaches Devon, I shall get off at the headland and walk the rest of the way."

"Why?"

"Because it's going to carry you to Peace Cliff. And it's there you will disembark. And you will walk up that hill and ask for Amanda's hand."

"But . . ."

"Mark, you've seen the alternative. If strong men like you don't marry the finest women available, what will happen to humanity?"

"She's not Catholic."

"I have no comment. That's not a relevant statement."

"But Quakers . . ." He paused. "Look at the old woman. She's all fire."

"I'm all fire. When I'm seventy, the people of the Choptank will hate me. Because I will never stop being as strong as I can. I will not tolerate surrender, and I will not stand by and watch the best of the Steeds, their one great hope, make foolish errors. Louise Fithian just died. Now get yourself a real wife."

Amanda was not surprised when Mark Steed came to her door
oposing marriage, and later when Rosalind arrived to arrange
tails, the girl confided: "I realized these things take time." In
r strong-willed way, she announced one decision that took her
mily by surprise: "Mark's Catholic, so we'll be married by a
iest." And it was the Paxmores' sloop, not the Steeds', that
iled to Annapolis to fetch Father Darnley.

In these momentous affairs Fitzhugh Steed took no part. Days
ould pass without his being seen at Devon, and Rosalind be-
me accustomed to watching him head down the creek toward
e marsh. He never spoke of the Turlock girl, and surprisingly,
osalind had not yet seen her. With Mark spending increased
ne with his new wife, there was little opportunity for him to
nd the growing store in Patamoke, and thus Rosalind's source
information on her husband's mistress evaporated.

It was a strange world she occupied: wife to a man she scarcely knew and whose bed she no longer shared, organizer of a vast plantation belonging to others. Now, with her stepchildren launched into lives of their own, her entire emotional life concentrated on her own three children. Samuel, aged eight, showed signs of becoming another Mark; he was intelligent, quick to respond and lively, but he already showed his father's inclination toward irresponsible gallantry, so that Rosalind often wondered if he would ever establish a solid base to his life.

Pierre, almost two years younger, was quieter, a stalwart little fellow with reddish hair and a stubborn character. He seemed to love animals and the quiet places in the wooded garden his mother had created. Rosalind never felt that she knew Pierre, for he withheld confidences, but what she saw of him she liked. "He'd make a good Quaker," she said of him once when he had obstinately refused to obey.

Rachel was fun, a laughing little girl of five who gave every indication of becoming a giddy woman like her Janney aunts, but she was above average in intelligence and Rosalind hoped she'd grow in common sense as she grew older. The affection Rosalind displayed for them sometimes surprised those who visited Devon. She was indeed the best mother that either the Janneys or the Steeds had so far produced, a loving, careful, understanding woman who had a clear vision of what her children might become. She taught them their numbers and insisted that they read on a level higher than their apparent capacity. She badgered her husband about finding a tutor for them, pointing out that if a satisfactory one were imported from England, all the Steed children could learn their Latin, but Fitzhugh refused to find a tutor. She felt uncertain of her own capacity to teach her sons anything beyond the rudiments, and as she was casting about for alternatives, she heard of the Jesuit mission recently established in Bohemia, an isolated manor at the northern fringe of the Eastern Shore. It had been located in this unlikely position so as to avoid attention from crusading Protestants who had a penchant for burning Catholic buildings and abusing Jesuits whom they suspected of trying to lead Maryland back into Catholicism. She said herself, "I must look into the situation at Bohemia," but did nothing about it.

And then one cold December morning in 1710, she wakened to find the island covered with snow. She was at her window looking out upon the heavy fall as it accented the bright berries of the holly and set in bold relief the stark branches of the oak, when she saw her three children, well bundled by their slaves, explode from the front door and run helter-skelter through the drifts. She was amused at first, and watched with interest as they disappeared toward the wharf, only to come charging back. Rachel protested tearfully that her brothers had struck her with snowballs; but when they stopped to comfort her, she ground her mittens into their faces, smearing them with snow she had kept hidden behind her back.

And in that childish play, with the red sun of late December shining on their faces, they warned Rosalind that the time had come when she must move them away from Devon and out into the mainstream of mathematics and Shakespeare and the Catholic philosophers. The boys were only eight and seven, but already the years were wasting.

As soon as the snow stopped falling, she ordered the slaves to prepare the sloop, and on the first bright day when the winds abated she packed her sons into warm clothing and placed them aboard.

They sailed north past the latitude of Annapolis, and then past the mouth of the beautiful Chester River, and on to the Elk, which led them to the Bohemia River, up which they sailed as far as possible before reverting to oars. The persons they asked regarding the Jesuit settlement viewed them with alarm and would reveal nothing, but when the sloop had proceeded as far as it could, they tied up at a wharf, and here a woman grudgingly conceded: "The Papists is yonder," and she indicated a pitifully small footpath leading into the forest.

Two slaves walked ahead, brushing the snow from the low-hanging branches, and two others followed, carrying the small possessions of the boys. In the middle strode Rosalind, her skirts tied above her knees with cords, her hands clutching Samuel and Pierre. In this manner the Steeds approached the Jesuits.

One priest was in attendance, and he was supervising a holding of more than 800 acres, a few in tillage, most unexplored woodland. The mission church was small and wooden; the rectory in which the priest and his helpers lived was little more than a shack.

"We have no school here," the priest apologized.

"I did not expect one," Rosalind said. "What can we do with your sons?"

"You can teach them to work . . . to read Latin . . . to become fine young men."

She was so persuasive, and she offered so heartily to pay the Jesuits for their trouble, that the priest could not arbitrarily refuse her. He invited her party of seven to stay with him that night. As the short day ended, and the fire threw shadows on the glazed-paper windows, they talked of Maryland and the Steeds: "I've heard of your family. Didn't your husband attend seminary in France?"

"He's not the seminary kind," she said gently, pulling her gaunt limbs tightly to her to conserve warmth. "But he did study in France, and so did my son Mark . . . at St. Omer's."

The priest looked askance at this; Rosalind's apparent age belied a son old enough to have graduated from St. Omer's. "My stepson," she said, and then, for some reason she could not have explained, "He married a Quaker girl. And I'm not Catholic, either."

"But you would bring your sons here, in this storm?"

"I do not want my sons to be barbarians, Father. It's as simple as that."

"I suppose it is," the priest replied, and he began reciting the

Captain Henri Bonfleur: The inhuman pirate who comes up the bay to burn and slaughter.



reasons why it would be both impractical and impossible for these two infants to remain at the mission; no place for them, inadequate food, no schoolbooks, no teachers, no stability in the wilderness. He went on and on, and when he was finished, Rosalind said, "Good, I'll leave them with you and be gone in the morning."

It was merciful that she forced the Jesuits to keep her sons, because on the return trip, when her sloop was about to enter the Choptank, the slave who was steering suddenly screamed,

The pirate ship fired, the iron balls splashing into the waves not far from where Rosalind stood directing the flight.

"Pirate ships!" And dead ahead, bearing down on them at a distance of about two miles, came two Caribbean ships lined with portholes bearing guns and decks crowded with marauders. They had chosen the winter to invade the bay, gambling that no English warships would be on station, and now, with their monstrous advantage in guns, they were free to ravage as they willed.

Rosalind, hastening to the bow of her sloop, made a rapid calculation born of years upon the bay: "The wind favors us. We can scuttle into the river ahead of them." And without further hesitation she directed the captain to bring the swift-moving sloop onto a breathtaking course that would speed her into the Choptank.

As they approached the island, they screamed and flashed signals, hoping to warn the Steed hands of the impending danger, but they were not seen or heard. So they sped up the river, looking constantly behind and seeing at last, with sickening fear, the two pirate ships nosing their way into the channel. The four slaves, who had learned that pirates relished capturing blacks as easily transferrable property for sale in Haiti, were more apprehensive than Rosalind, and when the mainland cut off the wind, they rowed vigorously, hoping to maintain their distance from the looming ships.

To forestall the sloop, the lead pirate ship fired a salvo, the heavy iron balls splashing into the waves not far from where Rosalind stood directing the flight. The reverberations echoed through the wintry air, and now those on the island were made aware of the danger pressing down upon them.

For several minutes, while the great ships came closer, nothing happened. And then Rosalind saw with relief that someone onshore was launching a longboat, manned by ten slaves, and when it sped toward the sloop, Rosalind saw that Mark Steed was in the bow, shouting directions to the rowers. In less than ten minutes, Rosalind calculated, the fresh rowers would be aboard the sloop and escape would be possible.

But now the pirates fired a single round, coming perilously close to Mark's longboat, throwing water over him, obscuring him for a moment, and Rosalind screamed, "No!" But when the splash died, she saw that Mark was still in command, and she fell on one of the benches as if it had been her life that had been saved.

The reinforcements enabled the sloop to maintain distance from the pirates and reach an improvised landing short of the creek. There Rosalind and Mark scrambled ashore, with Mark shouting, "Leave the boats! Save yourselves!" And he waited till all 14 slaves had vanished in the woods. He was standing there as the pirates sailed ominously by, taking their time to effect a comfortable landing, for they knew they could not be opposed.

Rosalind and Mark hurried by forest paths to the cleared tobacco fields and across to the plantation house, shouting commands to all they met: "Pirates! Come to the big house!"

When they reached that vulnerable fortress, Rosalind quietly asked for her daughter, and when Rachel was produced, golden-haired and sleepy from her nap, Rosalind embraced her and said, "You must be brave now," and she asked where Fitzhugh was, and the child said, "He hasn't been here since you went away. He's in the marshes."

She told Mark to fetch Amanda, and when the little Quake wife waddled forward, heavy with child, Rosalind said, "Yo must hide in the far root cellar. Pirates do dreadful things t young women."

"She's pregnant!" Mark protested.

"Hide her!" Rosalind screamed. She then asked if any othe Steeds were on the island, and was gratified to find that nor were; they would escape this day's travail and be ready to r build. "If pirates come," she repeated grimly, "they also go. Th only hope is to keep them from destroying everything."

Now the hulking ships were in the creek, arrogantly threadin their way into waters that would have proved forbiddingly dan gerous if English warships had been in pursuit. The island ha no defenses, and when the lead ship drew close to the wharf loosed a volley that tore through the upper rooms of the woode house, shattering everything.

"Oh, God!" Rosalind cried from her position on the porc "This is going to be worse . . ." She did not finish her sentenc because the first pirates were storming ashore, lean men wit beards and flashing swords. Ten came and then 40 and the 100, scattering through the trees, tearing all things apart. Th slaves they did not harm, herding them in great batches towar the ships, but the slave houses they set afire.

Now they approached the big house, 80 or 90 of them, hungr for spoils, dedicated to destruction. They approached boldl hoping that someone would try to oppose them, and they had th wild courage of those who know that the enemy is unarmed. On caught a brand from a flaming slave hut and ran toward th house.

"Mark, no!" Rosalind screamed, seeing him move to intercep the incendiarist, brandishing a pistol. But when the pirate ke coming, with the torch waving above his grizzled head, Mar took aim, fired and killed him.

Frenzy erupted. Other pirates, seeing their comrade fall wit blood spurting from his forehead, became avenging monster Four leaped upon Mark, stabbing and shooting long after he wa dead. Another, rushing like a maniac toward the house, swun his rifle in a great arc, catching little Rachel above the ear an demolishing her skull. This one then turned on Rosalind, strikin her many times with the butt of his gun and knocking her sens less.

When she awoke she was propped against a tree; slav had imperiled their own lives by dragging her to saf ty. As her eyes focused she saw the Steed plantation flames: the big house, the slave quarters, the little houses in whi the lesser Steeds had been invited to live; even the wharf. And the gallery of the gutted building from which all items of valu had been stolen, she could see the shattered body of her daught committed to the flames.

Only when the ravishing was complete did the captain of th pirates come ashore. Rosalind, still lying against the tree, watch with cold hatred as he strode among the trees she had plante She would never forget him, a small, wizened old man walkin with mincing steps and smiling wanly at the destruction his m had wreaked. He came to where she lay and ordered his men haul her upright. Then, walking about her arrogantly he sai "I'm Henri Bonfleur, Madame." Viciously, he struck her acro the face, then said quietly to his men, "Turn her loose. She's to ugly to bother with." He placed his right foot in her stomach an pushed her backward. As she lay on the grass, he kicked her aga and again. When an underling asked, "Shall we kill her?" snarled, "No, let her live to enjoy this day." **End of Par**

NEXT MONTH

In the dramatic and compelling conclusion, Rosalind Janney Steed seeks vengeance on the pirates who murdered her children. More from James A. Michener's blockbusting novel, *Chesapeake*.

"Last winter's cold crunch convinced me to wash in all temperatures with All-Temperature Cheer."

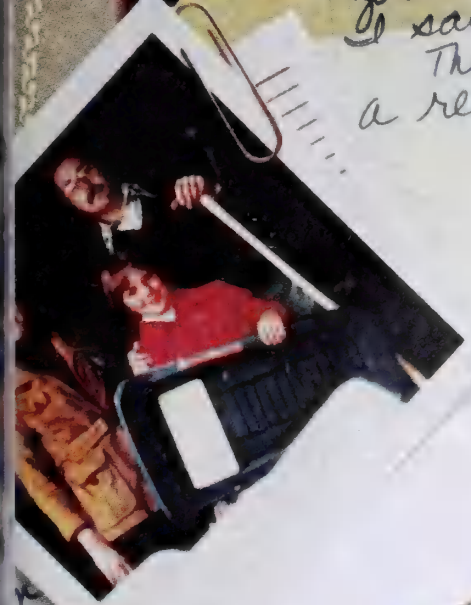
Dear Sirs,

During last year's cold crunch, I wanted to be very careful about using hot water, because with the energy shortage, hot water was more precious than ever. So when I did my laundry, I decided to also use warm and cold water (something I had never done). That's when I tried All-Temperature Cheer.

Boy was I surprised. Cheer really worked — even in ~~cold~~ water! Cheer not only ~~got~~ my clothes clean, but I saved energy too.

Thanks again. Cheer is a real winner!

Sincerely,
Kathy Gosnell





All-Temperature Cheer.
Three temperatures, one detergent.

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Alive with pleasure! Newport



After all, if smoking isn't a pleasure, why bother?

Kings: 17 mg. "tar," 1.2 mg. nicotine; 100's: 20 mg. "tar," 1.4 mg. nicotine av. per cigarette, FTC Report Aug. 1977.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

DIANE AND WOODY

continued from page 82

wife, who came to celebrate their second wedding anniversary—in our kitchen.

To our amazement, Woody and his crew shot all the scenes they had planned to shoot in our house, right on schedule—despite the clutter and confusion. In the living room, we watched Maureen Stapleton, the stranger in the bright red dress, soon to be new wife and mother, introduced to Diane and the rest of her family—all, in contrast, dressed in muted shades of beige and gray. We laughed with them as they devoured one cheese cake after another for the family dinner scene that took ten takes. We didn't watch the bedroom scenes between Diane and Richard Jordan. Our bedroom was off limits to us.

When not on call, the crew of 50 passed the long days waiting to be called. They managed to find hideouts in comfortable corners all over the house; some even fell asleep on the stairs. In the basement, the teamsters amused themselves playing cards, with big piles of money piled high on the table. Upstairs in the makeup room, Diane and Woody joined another gambling game, this one with cards and bobby pins. The stakes were high there, too, with big piles of bobby pins piled up in the middle of Emily's bed.

When relaxing during breaks, Woody and Diane were friendly to my girls. He even confided to Steffy how uncertain he was about how the film would turn out. "I don't think it's that good," he admitted. "You have to make some mistakes. You always have to try something new." Then he added hopefully, "Wait for my next one. That will be funny."

By the time they finished, we were glad to see them go. They packed as quickly as they had settled in. Our house was ours again—quiet, but overrun with debris, their beer bottles and their dirt. It would take time to make it "sensitive" again.

As predicted, Woody, who had never said hello, never said good-bye. **End**



"But Marvin, you can't be a college graduate for a living!"



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The little salad bar.



"Ivory Liquid's what we'll buy from now on."
Jackie & Fred Fielding


"We thought ours was a terrific buy—but Ivory Liquid's better."
Colleta & Joe Randle


"We think it's a fantastic buy. We're switching to Ivory Liquid!"
Marion & Bob Hoyle


JACLYN SMITH

continued from page 72

either. The worst I ever heard in my home was 'dammit to hell.' When Mom said that I knew things were really in a bad way.

"I'm not a Pollyanna or anything, but when you hear bad language often enough, you start using it yourself. Then it becomes commonplace and demeaning, and it limits your vocabulary and your thoughts.

"I won't be using the language that was in the book. I would never have taken the part if it were a feature film with all the language and the nude scenes that would have been required. Not in a million years. Sex is implied in this movie, but there are no sex scenes. No nude scenes. Imagination is better."

Having aired her views on bad language, nudity and explicit sex, Jaclyn steers the conversation away from *The Users*, back to her favorite topic, her family. "I had an awful time adjusting to leaving home," she says.

After graduating from high school, she attended Trinity College in San Antonio, Texas. She left after a year because she missed her parents and Pawpaw. Next, she joined a Dallas dance troupe (she began ballet lessons when she was three) but left after less than two weeks, again overcome by homesickness. It wasn't until she went to New York to study ballet that she finally let go. Her father, however, continued to support her until she began to succeed in TV commercials.

In 1971, Jaclyn married actor Roger Davis (best known for his role in the television series *Alias Smith and Jones*). The marriage ended amicably some years later, but it was still a shock for the girl to whom family ties are so vital.

"The divorce was long and hard in coming," Jaclyn says, her eyes soft and thoughtful. "I care about Roger and I know he cares about me. Our values were different. I don't think Roger was ready for marriage. It just didn't work."

Since then Jaclyn has fallen in love with another actor, Dennis Cole. They've been a steady couple for almost two years, but, typical of Jaclyn, they are not housemates.

Jaclyn says, "Dennis thinks I'm naive. He admires what he calls 'a certain innocence' in me. He encourages it. He appreciates my femininity and I like that.

"I see friends of mine who have a lot of guys and who go from one to the other. That's sort of scary. I'm serious about being interested in a man; just *one* man. I'm not looking around at other fellows. When I'm involved, I'm involved. When I love somebody, I love him totally.

"I don't believe in playing games and flirting. I've always thought that men like to marry a girl who hasn't been around all that much. But now I wonder, because everything, including sex, is so free and easy these days."

No one is more convinced that Jaclyn is an old-fashioned girl than Dennis Cole. Last year he flew to Texas to escort Jaclyn to a benefit dinner. It was their first real date. According to Jaclyn, they went to the dinner with another couple, and afterwards hit a few night spots.

Jaclyn was staying with her parents. "We didn't get home until three or four in the morning," she says. "As Denn's and I approached the house, Daddy came out the door and did he scream! 'I was calling the police!' he said. 'Where the hell have you been?'

"Mind you, I was twenty-eight twenty-nine years old. But Daddy s 'You had me worried to death. I di know if you were dead or alive.' I t him to calm down, but he was furi Dennis looked at me in disbelief. L he told me, 'That has never happene me before in my life. I felt like I sixteen years old.'

"Much later, when we got to kn each other better, Dennis said he lo my father's protectiveness. He said made him think. 'Now here are so parents who really love their daughte

Dennis and Jaclyn cue one another their lines, go jogging and attend exercise class together. But they d discuss marriage.

"One day at a time," she says firm "I'm a very happy, well-adjusted wo an. I feel good about my life.

"Sometimes I think that there is a s cial providence looking over me. I aware of my good fortune and I a wonder sometimes why I'm so lucky don't have any guilt and I think I'm uncomplicated person. Really, I l simple things.

"I hope I don't sound smug. I'm j physically and emotionally healthy, a I'm happy about it. I'll be even happ some day when I can do the thing really want to do—form a ballet co pany for underprivileged children, married and have children myself.

"I want to have as many children a realistically can. I guess that won't very many because I realize I'm getti a late start. I thought I'd have kids now.

"But I look at it this way. Havi children is a goal I can look forward one of the good things that has yet happen to me. I always know that go things will happen to you if you wa them to." E

Lace

continued from page 103

HOW-TO HINTS

e tableskirt has an 11¼" deep flounce of 181 8299 white lace. To make, cut a le of lace and stitch heading of the nce about ½" over the edge of the circle the way around, joining the ends of the nce where they meet. For exact size lace le, measure your table; to its diameter, twice the distance of table top to floor, deduct twice the depth of the flounce; Skirt will clear the floor by the fraction an inch that the heading of the flounce laps the edge of the lace circle. Use lace h over a circular underskirt of white or red sateen.

are tablecloth has two border bands of 181 6552 white lace, and a sprinkling aisies from no. 181 6338 lace. Begin and a band at the corner where the join can idden beneath the mitered corner. Tack ies at center only, allowing petals to be . *Matching napkins* have edge of no. 8129 white lace ruffle.

ure frame has two rows of no. 181 6334 te lace glued around its perimeter, one within the other. A row of no. 181 7 white rose trimming is centered on join and glued down. Blue velvet rib- , glued bottom and sides, and tied in a at the top encircles the thickness or th of the plastic frame.

ded lampshade is made by stitching s of no. 181 3770 ecru lace ruffling to nd of fabric that has been fitted to the pshade. Stretch a length of muslin or g sateen around the shade, allowing its to overlap by 1½". With a pencil, mark and bottom edges of the shade on the ic, then trim to within ½" of this line. ove band from shade. Turn under ½" op and bottom edges, following the ciled lines, and stitch down. Stitch vel- strips at ends of band, trimming overlap width of velcro. Stitch lace ruffles to t side of band, starting at velcro and continuing to edge of overlapping end. Hem or overcast cut edges of lace ruffles at these ends. Fit band to shade so that overlapped join is toward the wall.

Neck roll pillow (on chairseat) is made by joining alternating bands of no. 181 6558 blonde lace and no. 181 4837 blonde insertion, which are cut 1" longer than the distance around the pillow. Face the joined lace with sateen, and seam to make a tube. Turn under ½" at each end, leaving a ½" opening to allow a velvet ribbon to run through. Stitch a row of no. 181 3728 lace around pillow cover at point where pillow ends. Thread lengths of no. 233 163 ⅜" wide brown velvet ribbon through the casings. Place pillow case on pillow, pull velvet drawstrings tight and tie in bows. (You may wish to have two short drawstrings; if so, leave two openings in casing, one at seam of pillow and one halfway around. Cut ribbon in half, and thread through one half of casing, then pull tight and tie in bows.)

NOTE: All other pillows were purchased with solid color, self-welted coverings, to which laces and ribbons have been stitched. A description of each, with numbers of laces and colors of ribbons follows.

Round pillow (left) has a ruffle of no. 181 8252 white lace, a sprinkling of no. 181 6337 white daisies and bows and band of ⅜" wide brown velvet ribbon no. 233 163.

Round pillow (right) has a ruffle of no. 181 3731 white lace, no. 181 6338 white daisies and bow knots of no. 233 163 beige velvet ribbon.

Square pillow has a center square of bands of no. 181 6558 white lace, with lengths of ⅜" wide beige velvet ribbon no. 233 163 arranged in a lattice overtop, both studded with no. 181 6337 daisies. The ruffle around the pillow is no. 181 8129 white lace.

Oblong pillow (leaning against chair) is trimmed with criss-crossing bands of no. 181 6334 centered on double rows of no. 181 6546, and is edged with no. 181 3731 white ruffling. Center and corner bows are of 1½" wide blue velvet ribbon.

Neck roll pillow (peeking from beneath chair) has alternating bands of no. 181 6522 blonde lace and no. 181 8252 blonde ruffles.

Oblong pillow (left picture, facing page) has ruffled edge of no. 181 3770 white lace, and band and bow of no. 181 6558 white lace over blue satin ribbon.

Straw hat has band and streamers of no. 181 4837 blonde insertion and ruffle of no. 181 8252 blonde lace around its brim.

Parasol has a ruffle of no. 181 3770 ecru lace around its rim.

Glass decanters have collars of no. 181 6334 white lace—a single band on one, two bands over blue satin ribbon on the other—both tied with ⅜" wide apricot grosgrain ribbon no. 223 141.

Velvet hanger is covered with no. 181 8252 blonde lace, fitted, cut and stitched to its shape. The same lace covers the matching blue faille *sachet*.

Velvet box (right picture, facing page) is trimmed with bands of no. 181 6558 blonde lace over blue velvet ribbon, criss-crossed with brown embroidered ribbon no. 181 9413, with corner bow knots of no. 181 6517 blonde lace over blue velvet ribbon. The same blonde lace over blue velvet ribbon and the embroidered brown ribbon trim the sides of the box.

Velvet pin cushion has a mitered band and fully gathered ruffle of no. 181 6517 blonde lace, with tiny blue velvet ribbon shoe bows at corners. Make a six inch square pillow, leaving four inches along one side unstitched. Turn and trim with lace; fill to bursting with sawdust and stitch closed. Make shoe bows and stitch to ruffles.

Velvet emery, made in the traditional shape of a strawberry, has a ruffle of no. 181 8112 blonde lace and a blue velvet bow. Cut a semi-circle of velvet, stitch along one side to make a cone. Fill, then gather together and stitch top. Stitch lace over gathers at top and tack ribbon at center of lace. **End**

Why are they all switching to mild Ivory Liquid?

Turn page and see...

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Here's a gas range from Tappan with a revolutionary oven/broiler. High-speed hot-air currents start to cook food immediately. You don't even have to preheat. We tested the Convectionaire against two leading conventional gas ranges—it cooked much faster. Examples are chicken, hamburgers, and meat loaf, done in a third less time. (Meats brown beautifully, yet retain flavor and juices.)



Potatoes and biscuits baked twice as fast in the Convectionaire as they did in the regular gas ranges.



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Spending Your Money

continued from page 46

re. Clear up your driveway and trim ir shrubs and lawn so they look their y best. Clean out your closets, base- nt and attic so your house looks as cious as it can. Re-arrange your furni- e to add to a spacious look, and if you 't handle this, try to get a talented nd to help you with the re-arranging. pair broken windows and burned-out t bulbs, fix cracks in the walls or lings, remove water marks left by this t winter's brutal storms. None of se will cost you much money.

e plan to donate some valuable intings to a nearby museum to t a tax deduction on our 1978 urn. Should we do this now or year's end? And how can we make e that the value we place on the ntings will not be disallowed by e IRS?

nate the paintings as soon as you can, the museum may take months before ching a decision on whether or not to ept your gift—and 1978 is half gone. o be sure the value of your paintings ppraised by experts with high repu- ons for proper appraisals. Among ognized prestige appraisers are: The ional Antique & Art Dealers Associa- n of America, 32 East 57th St., New k, N.Y. 10022; the American Society Appraisers, P.O. Box 17265, Wash- on, D.C. 20041; the Appraisers As- ation of America, 541 Lexington e., New York, N. Y. 10022. Appraisal s may run from $50 for art worth less n $2,000 to as high as $5,000 for art th more than $1 million. Also, you ht ask your local IRS office for a copy 'IRS Publication 561, Valuation of nated Property," to give you guid- e on appraisals and donations such ou plan.

husband and I are exploring lo- ions in which to open an infants' thing shop. Is this a good time tart?

nts' clothing was a great business ng the post-World War II baby m, when record numbers of babies e born and young mothers were buy- steadily and heavily. But now the h rate is holding at an extraordinari- w level. Demand is down and com- tion is fierce. You may prosper even nst today's steep odds, but be aware the adverse factors your fledgling ness will face.

16-year-old son has decided to to vocational school and learn to be an airplane mechanic. what if he drops out before inishes his training and decides o to college. Will we be entitled refund? The ten-month course he wants will cost close to $3,000. Get a clear, satisfactory answer before you invest a penny! Make sure the vocational school states in writing that it will give refunds and under what specified conditions. Otherwise, you may not be entitled to a refund even if your son gets sick after a few weeks and *can't* continue—much less if he merely changes his mind.

Also, check the school's credentials carefully with responsible accrediting institutions and find out as much as you can about the qualifications of its instructors—their background, experience (and turnover rate). Be skeptical if the school promises your son a job when he finishes the course; that easily could be only a sales gimmick. Doublecheck by asking for the names and addresses of former students and then asking them whether or not they were actually placed in jobs and if that was promised. And you might check with prospective employers as well.

Don't sign any agreement with the school until you're certain you understand all the costs (books, labs, tuition, other fees) and all the conditions under which your son may cancel the contract and get refunds. Don't accept any oral promises. Every agreement must be in writing!

For more guidance, send a postcard to the Consumer Information Center, Dept. 646F, Pueblo, Colo. 81009, for a single copy of "Choosing a Vocational School." It's free. **End**



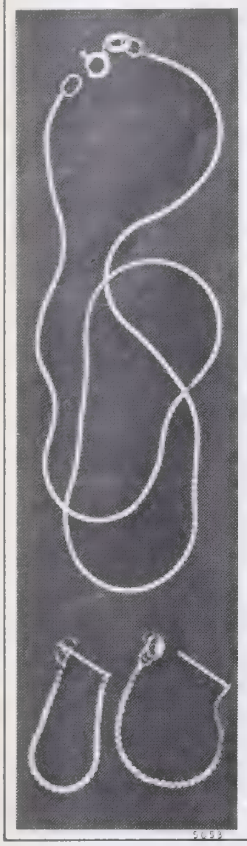
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What's Happening

continued from page 34

long-shot shot at life. One day, through a fluke, he gets his chance to train a horse in which he himself has a financial stake, and he stakes everything on turning this white-and-brown beauty into a million dollar winner. If you get a kick out of horses, *Casey's Shadow* will win place on your list of shows.

Prince harmless

Mark Twain's *The Prince and The Pauper* was first made into a movie almost 70 years ago—in 1909—and now it's been filmed for the sixth time by people who figured that Twain's title wasn't good enough so it's been changed into *Crossed Swords*. This film is about the familiar but merry mixup in merry old England between the young Prince of Wales and a same-age pauper who could be his identical twin. The dialogue is declaimed by a big-name cast: Charlton Heston is the King of England, Rex Harrison is the Duke of Norfolk, Raquel Welch is M'lady something (Anne of Cleavage?) and George C. Scott is an engaging rascal. Prince *and* the pauper are played by Mark Lester (remember *Oliver*?), now half grown to spindly adolescence. The *real* star is Oliver Reed as a dashing soldier of misfortune who befriends the Prince and swashbuckles his way through the kingdom. It's all quite harmless. **End**

GENE SHALIT RE-VIEWS

Annie Hall, Woody Allen's new movie, is more than his best film; it is an event. Diane Keaton is marvelous; Allen a genius.

The Betsy, from Harold Robbins, stars Laurence Olivier. The locale is Detroit and automobile land. It all belongs in the junkyard.

Blue Collar is furious with dramatic energy, strong and good. But definitely not for children.

Close Encounters is one of the most spectacular movies ever made. The story of mysterious UFOs builds to an emotional climax of celestial majesty.

Coming Home stars Jon Voight, Bruce Dern and Jane Fonda. It is tender and staunch, a film fired with ambition. An occasion to celebrate.

The Gauntlet stars and is directed by Clint Eastwood. It's squalid with violence, corruption and hypocrisy.

The Goodbye Girl, Neil Simon's latest hit, is a joyous comedy that flows with feelings and insights. Touching and marvelously merry.

High Anxiety, the latest Mel Brooks movie, is a knockout comedy that lovingly lampoons the Hitchcock thrillers.

Julia, based on a story by Lillian Hellman, stars Jane Fonda, Vanessa Redgrave and Jason Robards. It is complex, intelligent and heartbreaking. Fred Zinnemann directed; his work is a gem.

The One and Only stars Henry Winkler and Kim Darby about life in the Big Apple. A corker of a comedy.

The Turning Point stars Anne Bancroft and Shirley MacLaine and is quite simply one of the great movies of the year. Bonus: Baryshnikov in brilliant ballet scenes.

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Journal Shopping Center

DECORATING: BE LAVISH WITH LACE

PAGE 102: Verve tablecloth, 52" square, in camel color, and matching napkins by Vera. White lace curtain fabric #400130, 60" wide by E. C. Carter (made into lace tableskirt and curtain; shown silhouetted as background on page 103), is available through Greeff Fabrics.* 155 E. 56th St., N.Y.C. 10022. Rolled arm rocker and semi-circle side table are old wicker pieces from The Wicker Garden, 1318 Madison Ave., N.Y.C. 10028. Blue and beige Spanish Gordium rug is from Morjikian.* 150 E. 58th St., N.Y.C. 10022. All lace edging by Wm. E. Wright & Co.
*through decorators

FASHION: "Eight Days Out Of A Suitcase"

PAGE 104: From left to right: SAMSONITE suitcase at department stores across the country; for more information write to Dixie Savio, Samsonite Luggage, 11200 E. 45th Ave., Denver, Colorado 80239. KREEGER & SONS nylon pack at their New York City and Westchester stores, also through catalog obtainable by writing to Customer Service, Kreeger & Sons, 16 W. 46th St., N.Y., N.Y. 10036. VENTURA duffel bag, for stores, write Mason Edwards Jr., Ventura Luggage, 32-33 47th Ave., Long Island City, N.Y. 11101.

PAGE 105: Clockwise from top: INDIA NEPAL shirt in rayon gauze at Macy's, Herald Square, N.Y.; T. Edwards, all stores; Shillito's, Cincinnati; Joske's, San Antonio and Austin; Hudson's, Detroit; Stage, Denver; I. Magnin. HALSTON/BAUSCH & LOMB sunglasses at major department stores and eye care specialists. HALPER BROS. hat available at major department stores throughout the country.
WAYNE ROGERS cotton sundress at Lord & Taylor; Abraham and Straus, all stores; The Great Factory Stores, Reading and Mechanicsburg, Pa.; Alcove, Cleveland, Chicago and Detroit; Bonwit Teller, Beverly Hills; Ferguson's Inc.; Century City, Calif. KINNEY espadrilles available at Kinney shoe stores across the country.
SEARS nylon stretch swimsuit available through Sears 1978 Spring/Summer catalog. Catalog obtainable at Sears stores.
J.C. PENNEY print square available at most large J.C. Penney stores. ELON bikini at Bonwit Teller, all stores; Petunia Patch Boutique, Jacksonville, Fla.; Christian Michi, Charleston, S.C.; New Things West, San Jose, Calif.

PAGE 106: Clockwise from top: LLOYD ALLEN nylon cire poncho available at Saks 5th Ave., all stores.
GAMIN skirt and vest available in June and July at Macy's, Herald Square, N.Y.; Howlands-Steinbach, all stores; Surrey, Pittsburgh; Filene's, Boston; Casual Corner, Charlotte, N.C.; Vogue, Jacksonville, Fla.; Vanity Stores, North Dakota; Bullocks, Los Angeles; Bon Marche, Seattle. CRAZY HORSE shirt in a cotton blend at Dorell Casuals, N.Y.; Bob's Sports, New Canaan, Conn.; Village Store, Columbus, Ohio; Nose for Clothes, Miami and Hollywood, Fla.; for more information write to Jim Robbins, Crazy Horse, 525 7th Ave, N.Y. N.Y. 10018. SEARS shoulder tote available through Sears 1978 Spring/Summer catalog. Catalog obtainable at Sears stores. JACQUES COHEN espadrilles available at major department stores throughout the country.
ROSANNA sweater at Sage Allen, Conn. all stores; Filene's, Boston; John A. Brown, Oklahoma; J.W. Robinson, Los Angeles; for more information write to Rebekah Goldstein, Rosanna, 1410 Broadway, N.Y. N.Y. 10018. HAPPY LEGS pants at Macy's, Herald Square, N.Y.; Parisian, all stores, Alabama; The Davis Shops, Nashville; Carson, Pirie, Scott; Chicago; Judy's, Van Nuys, Calif. COMMODORE hat available at B. Altman, N.Y.; Joseph Magnin, all stores. HALSTON/BAUSCH & LOMB sunglasses available at major department stores and eye care specialists.
CLOVIS dress at Bloomingdales, all stores; J.L. Brandeis, Omaha; B. Siegel, Detroit; for more information contact Cynthia Siemon, Clovis Ruffin, 550 7th Ave., N.Y. N.Y. 10018.

PAGE 107: Clockwise from top: BONNIE DOON socks available at major department stores throughout the country. BASS SQUEEJUNS at L.L. Bean, Freeport, Maine and through their catalog obtainable by writing to L.L. Bean Inc., Casco Street, Freeport, Maine 04033; also in major department stores.
ACADEMY BROADWAY CORP. rainsuit available at sporting goods and discount stores throughout the country. For more information write to Saul Goldman, Academy Broadway Corp., 5 Plant Ave., Smithtown, N.Y. 11787. NUGAL T-shirt available at specialty stores across the country. U.F.O. pants at Ann Taylor, all stores; T. Edwards, all stores; I. Magnin. L.L. BEAN belt at L.L. Bean, Freeport, Maine and through their catalog obtainable by writing to L.L. Bean Inc., Casco Street, Freeport, Maine 04033. SPERRY TOP-SIDERS/UNIROYAL boots, write to Customer Service, Sperry Top-sider, P.O. Box 338, Naugatuck, Conn. 06770.
WOOLRICH khaki shorts at Paragon Sporting Goods, N.Y.C.; Eastern Mountain Sports, Boston; Britches Great Outdoors, Washington D.C.; Raupp Camp Fitters, Michigan, all stores; Lands' End Yacht Stores Inc., Chicago; for more information write to Joe Mangan, Woolrich Inc., Woolrich, Pa. 17779. WRANGLER cotton-y plaid shirt available at Wrangler Wranch stores in most major cities. HALPER BROS. hat available at major department stores across the country.
ACADEMY BROADWAY CORP. day pack at sporting goods and discount stores throughout the country, for more information write to Saul Goldman, Academy Broadway Corp., 5 Plant Ave., Smithtown, N.Y. 11787. L.L. BEAN cotton knit striped rugger shirt and twill hiking shorts at L.L. Bean, Freeport, Maine and through their catalog obtainable by writing to L.L. Bean Inc., Casco Street, Freeport, Maine 04033. RAY-BAN sunglasses available at all major department stores and eye care specialists.

NEED HAND-SCRUBBING POWER?...

.for tough dried-on foods like lasagna, oatmeal, eggs? We took a serving dish with dried-on lasagna and put in with a full load of dirty dishes and Palmolive Crystal lear automatic dishwasher powder. Later the com-lete load came out clean as hand-scrubbed.

Crystal Clear is made for tough cleaning problems. ıside your dishwasher, it helps power off most ubborn dried-on foods. And even fights ugly hard-ater haze on glasses.

Need hand-scrubbing power in *your* dishwasher?

THE ANSWER IS CRYSTAL CLEAR.

BEFORE AFTER







LIVING WITH YOUR STARS

FOR JUNE

CANCER (June 21–July 22) New friends will bring luck. Now's the time to expand your ideas. Jupiter and Venus in your sign promise a lighthearted month. Luck will be in your favor in the next few months. June will bring unexpected cash and useful contacts. The glow of confidence makes you radiant.

LEO (July 23–August 22) Long-standing domestic problems will be settled now. Don't let anyone dampen your ideas. Be confident and your plans will be carried out. The 16th begins a happy romantic period. Activities with old friends will be highly enjoyable.

VIRGO (August 23–September 22) The fifth and 20th are good days for making personal decisions. Mars now enters your sign, giving extra vitality to the way you look and feel. It's an opportunity month, so push ahead and take a bolder approach toward your goals.

LIBRA (September 23–October 22) Delay domestic changes for a few weeks if possible. Start to organize for the busy period that is coming. Happy news and a surprise gift will cheer you, but it is a month of promise rather than reward. New friends now enter your life, but keep up contact with old ones.

SCORPIO (October 23–November 21) Travel and new places are stimulating and bring good luck. Now's the time to expand your interests. Give yourself a well-deserved break from routine. A splendid month for forming long-range plans.

SAGITTARIUS (November 22–December 21) Domestic troubles now sort themselves out and love life takes a better trend after the 21st. A restless atmosphere brings tension, but enthusiasm and vitality will have an upsurge in the last week.

CAPRICORN (December 22–January 19) A busy month with little cooperation from loved ones. Don't take people and events for granted. Pace out present commitments sensibly, and sidestep new ones. Time spent alone will be the best form of relaxation this month.

AQUARIUS (January 20–February 18) Personal and family tensions ease after the 13th. Be tactful in handling friends and supportive in dealing with your mate. Don't act hastily. Be sure to get enough rest—fatigue will make problems more irritating.

PISCES (February 19–March 20) The 22nd begins a romantic phase. This will be a fun month. You are heading into a hectic period, so be prepared.

ARIES (March 21–April 19) Dynamic stars affect your love life. New opportunities will be open to you. Best to make decisions around the 5th. A new hobby will prove challenging and fun.

TAURUS (April 20–May 20) A new social trend brings good fortune. Trust your own instincts financially. Moderate risks may pay off in a few weeks. A budding romance now begins to bloom.

GEMINI (May 21–June 20) Changes are in the air. It will be a busy phase that you find quite stimulating. This is a lucky month in financial matters. Projects begun in the past year will now prosper.—PETER VIDAL

SAVE $2 on new UltraVera™ Facial Moisturizer and invest in the future of your face.

Send us the front carton panel from new UltraVera Facial Moisturizer with UV sunscreen and Aloe Vera, plus this coupon. We'll refund $2. It's our way to urge you to try UltraVera.

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Limit one per household.

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Foxy Face-Savers and Clever Maneuvers, by James C. Humes

Signal the End of Your Own Party

It is 3:00 A.M. You have just endured hearing an ancient Frank Sinatra ballad for the fourth time in a row. The only peanuts left are being ground into your newly cleaned carpet by a moony-eyed, sleepy couple. The punch bowl is filled with cigarette butts.

On the sofa a freshman congressman is trying to impress a weary secretary from the Nigerian Embassy with his empathy for the Third World. In the corner, slumped within gin-stained clothes, a visiting Dayton businessman is endlessly crying, along with Old Blue Eyes, about his lost youth.

Since you have been smiling at these folks since nine o'clock, you are twice as weary as the secretary. As you put on a fifth pot of coffee and sit at the kitchen table, you ask yourself the hostess's oldest, most poignant question:

Why the heck don't they go home?

Silent prayer and humor

Hopeless as the situation may appear, the canny hostess's resources are not really limited to silent prayer and occasional glances at her wrist. Don't despair, there is some way out of this interminable situation. A little imagination can work wonders. Imagination, tact and a sense of humor.

England's Queen Elizabeth, for example, has polished to perfection the thankless task of showing her guests the door. But even in her private parties at Windsor and Sandringham she is deft in her approach. At the appropriate hour—which is to say, any hour when the Queen has had enough—she subtly steers the course of the conversation to her guests' lines of work. Inevitably talk turns to the hours of this work, and the many items that are on the next day's agenda.

At this point the Queen gently rises. Her guests, of course, rise as well. And from there it is but a skip and a bow out the door. If any of the guests should suspect that their departure has been Her Majesty's idea, their suspicion is quickly dispelled by the graciousness with which the sovereign ushers them out. Not only are her farewells invariably warmhearted; they are considerably drawn-out as well, so the guests go away convinced that the idea of leaving was their own, and that the Queen wanted them to remain.

This approach, of course, requires exceptional subtlety, and its success is hardly hampered by Her Majesty's royal position. However, even on the off chance that you are not a queen, all hope is not lost. Where the blood roy is lacking, your imagination must ta up the slack.

I once knew a famous New York ho who, when his guests had overstay their welcome, merely let out from locked back room his small but extrem ly friendly schnauzer, Potsy. Potsy w notorious for a single embarrassi handicap: he was unable to distingui the crossed leg of *homo sapiens*, male female, from the proffered rump of *ca Schnauzerianus*, female.

The favored guest would shoo Pot off. Potsy would remain determine Eventually, his embarrassment trigg ing some recognition of the late ho the guest would leave. The host wou apologize ("I don't know what gets in him") and hand the victim his coa Potsy would then move on to a seco guest, and so on until the room w cleared.

"The Party's Over"

Less radical measures have bee known to achieve equally fast result The time-honored ruse of placing som appropriate nightcap music on the ster —say "Good Night Irene" or "T Party's Over"—is still exploited wi some effect in the best of homes.

Should your tastes, however, incli toward indirection, you might, in t case of winter parties, simply open u all the windows. At other times of t year you might haul out the vacuu cleaner and go after those nuts, or pa out on the floor—this last ruse is sure elicit from everyone both tender mini trations and hasty exits.

An eccentric Philadelphia matro known for her large collection of Orie talia was accustomed to rolling into t parlor, at a suitably late hour, a hug Chinese gong. She would strike this gon with a mallet and announce to all h guests in clarion tones: "Breakfast now being served in the street."

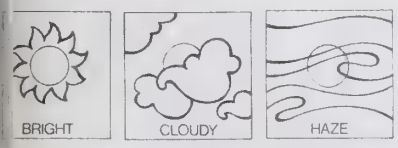
Of course, the mask of eccentricit covers a good deal of tactlessness, b there is, after all, no hard and fast rul about these things, since you are dealin with people who have refused to a knowledge the inevitable.

What would I do with the congres man and his prey and the swoonin couple? Offer them back bedrooms, pe haps. Either they would take you up o it and be out of your hair, or cry "Fault and be out the door.

The Drunken Daytonian? Most guest in this condition can safely be handle as if they were incapable of handlin themselves. Get an address from hi wallet, call him a cab and send him of He'll probably wake you with a tele phone call at ten the next day to apolo gize profusely. **En**

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EVERYDAY SUN CAN DO MORE TO AGE YOUR SKIN THAN ALL YOUR BIRTHDAYS PUT TOGETHER.



Dermatologists have discovered that the sun's ultra-violet rays can be the most damaging factor in causing premature aging of the skin.

You don't have to be a sun-worshipper to suffer this day-to-day damage. Between the hours of 10 and 2, more so in the summer, but actually throughout the year, your face is exposed to harsh ultra-violet radiation every time you go outdoors. Even clouds and haze let 30% to 50% of these rays reach your skin. And because ultra-violet rays are invisible and heatless, you are unaware that they're doing damage.

Even 15 minutes of exposure to the midday sun (window-shopping, waiting for a bus, gardening, sitting in the playground) can, over a period of time, cause irreversible damage to some of the collagen and elastic fibers that keep skin looking young and supple. (The degree of damage varies by geographical location and season.) If this sounds incredible, compare the skin on your hands to the skin on your breast and hips. The protected skin is smoother, softer and unwrinkled.

That's why new UltraVera Facial Moisturizer has a UV sunscreen. If you're the kind of woman who cares enough about your skin to use a moisturizer every day, you're the kind of woman who will make the effort to help protect against ultra-violet damage. But there's no need to apply a separate sunscreen for everyday sun. Every time you put on UltraVera Facial Moisturizer, you're doing more than maintaining moisture balance. You're also helping to protect your skin from the aging effects of ultra-violet radiation. That's why any moisturizer without a UV sunscreen is simply not complete.

UltraVera Facial Moisturizer is not a suntan lotion. It permits you to get a healthy color while screening out most of the damaging rays, although you need heavier protection if you plan long exposure to the sun, as when sunbathing or skiing. But for everyday sun your face simply should not go out without the effective UV sunscreen contained in new UltraVera Facial Moisturizer

A superior facial moisturizer enriched with Aloe Vera. If there was no UV sunscreen in UltraVera Facial Moisturizer, it still would be a superior moisture lotion. Created by Vaseline® Intensive Care® Brands, it is light, silky and non-greasy. It takes seconds for a few drops to protect your face beautifully. There's no "drag" on the skin as with heavy lotions or creams. Yet it adds immediate dewiness and softness on its own or under makeup, while it helps prevent dryness and fine lines.



UltraVera Facial Moisturizer with UV sunscreen.
You owe it to the future of your face.

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If you love good eating but hate cholesterol... Puritan Oil is here!



All this tasty-looking food you see here is low cholesterol. Surprised? Fighting cholesterol doesn't have to be a chore... especially now that new Puritan Oil is here.

Sunflower oil is the big difference in Puritan. It makes Puritan naturally light, which brings out the natural flavor of all your foods. Plus it makes Puritan higher in polyunsaturates than even corn oil. So if you love good eating but hate cholesterol, rejoice. Puritan Oil is here.

Since 1776, we've grown by leaps and bonds.



You had to give our forefathers a lot of credit.

After all, they didn't have a lot of cash on hand. Not after a costly revolution.

But Americans bought over $27,000,000 worth of government securities.

And that was only the beginning.

New territories had to be settled. A navy equipped. Railroads built. A country to be run.

But the money was always there. Thanks to folks taking stock in their America.

Today, over 9½ million Americans still take stock in their land by buying U.S. Savings Bonds through the Payroll Savings Plan.

They know this country's future depends on them.

And they know they can depend on Savings Bonds for their own future.

So buy U.S. Savings Bonds. You might call it giving credit where credit is due.



Take stock in America.

E Bonds pay 6% interest when held to maturity of 5 years (4½% the first year). Lost, stolen or destroyed Bonds can be replaced if records are provided. When needed, Bonds can be cashed at your bank. Interest is not subject to state or local income taxes, and federal tax may be deferred until redemption.

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WHY USE A FLEA SHAMPOO WHEN YOUR DOG WEARS A FLEA COLLAR?

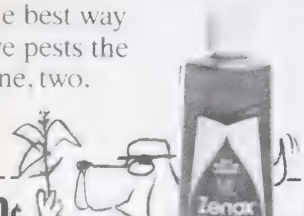


One lathering of Zenox® Flea Shampoo by Lambert Kay™ kills all your dog's fleas and ticks. So when you put a collar on him, he's flea-free—and putting a flea collar on a dog that's flea-free is one of the most effective things possible to help protect him from fleas.

Using Zenox will insure that even heavy-coated dogs are flea and tick free. It will leave your dog's coat shining and smelling clean. And its oil-based insecticide is effective, yet gentle.

This coupon will give you 50¢ off on any size of Zenox Shampoo at your favorite pet supply store.

So wash your dog regularly with Zenox and continue protecting him with the flea collar. It's the best way to give pests the old one, two.



50¢ OFF 50¢ OFF

Mr. DEALER: Lambert Kay, division of Carter-Wallace, Inc., will redeem this coupon for 50¢ plus 5¢ handling provided it is taken in partial payment for one bottle of Zenox Flea Shampoo. Invoices proving purchase of sufficient stock to cover coupons presented for redemption must be shown on request. Customers must pay sales tax. Cash value: 1/20 of 1¢. Coupon only good on Zenox Flea Shampoo and is nontransferable. Any other use of this coupon constitutes fraud. This offer void where prohibited, taxed or restricted. Mail to: Lambert Kay, P.O. Box 1301, Clinton, Iowa 52734. This offer expires Dec. 31, 1978.

L-06

ZENOX FLEA SHAMPOO

LK™

50¢ OFF Lambert Kay 50¢ OFF

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HOW THEY SEE IT

Famous authors share their wit and wisdom on a subject that's close to all of us.

JUSTICE

One man's word is no man's word; we should quietly hear both sides.—*Goethe.*

Impartiality is the life of justice, as justice is of all good government.

Justice is itself the great standing policy of civil society; and any departure from it, under any circumstance, lies under the suspicion of being no policy at all.—*Burke.*

Man is unjust, but God is just; and finally justice triumphs.—*Longfellow.*

Justice is as strictly due between neighbor nations, as between neighbor citizens. A highwayman is as much a robber when he plunders in a gang, as when single; and a nation that makes an unjust war is only a great gang of robbers.—*Franklin.*

Justice without wisdom is impossible. —*Froude.*

The only way to make the mass of mankind see the beauty of justice, is by showing them, in pretty plain terms, the consequence of injustice.—*Sydney Smith.*

Be just and fear not; let all the ends thou aimest at be thy country's, thy God's, and truth's.—*Shakespeare.*

The just, though they hate evil, yet give men a patient hearing; hoping that they will show proofs that they are not evil.—*Sir P. Sidney.*

Of mortal justice if thou scorn the rod, believe and tremble, thou art judged of God.—*Sweetman.*

Whenever a separation is made between liberty and justice, neither, in my opinion, is safe.—*Burke.*

All are not just because they do no wrong; but he who will not wrong me when he may, he is truly just.—*Cumberland.*

Justice delayed, is justice denied.—*Gladstone.*

At present we can only reason of the divine justice from what we know of justice in man. When we are in other scenes we may have truer and nobler ideas of it; but while in this life we can only speak from the volume that is laid open before us.—*Pope.*

Strike if you will, but hear me.—*Themistocles.*

What is in conformity with justice should also be in conformity to the laws. —*Socrates.*

Justice shines in smoky cottages, and honors the pious. Leaving with averted eyes the gorgeous glare obtained by polluted hands, she is wont to draw nigh to holiness, not reverencing wealth when falsely stamped with praise, and assigning to each deed its righteous doom.—*Æschylus.*

God's mill grinds slow but sure.—*Herbert.*

He who is only just is cruel.—Who on earth could live were all judged justly?—*Byron.*

Justice and power must be brought together, so that whatever is just may be powerful, and whatever is powerful may be just.—*Pascal.*

Justice is to give to every man his own.—*Aristotle.*

We ought always to deal justly, not only with those who are just to us, but likewise to those who endeavor to injure us; and this, for fear lest by rendering them evil for evil, we should fall into the same vice.—*Hierocles.*

Justice is the great and simple principle which is the secret of success in all government, as essential to the training of an infant, as to the control of a mighty nation.—*Simms.*

Justice is the first virtue of those who command, and stops the complaints of those who obey.—*Diderot.*

Justice is the great interest of man on earth. It is the ligament which holds civilized beings and civilized nations together. Wherever her temple stands, and so long as it is duly honored, there is a foundation for social security, general happiness, and the improvement and progress of our race. And whoever labors on this edifice with usefulness and distinction, whoever clears its foundations, strengthens its pillars, adorns its entablatures, or contributes to raise its august dome still higher in the skies, connects himself, in name, and fame, and character, with that which is and must be as durable as the frame of human society.—*Daniel Webster.*

He who goes no further than bare justice, stops at the beginning of virtue. —*Blair.*

Justice consists in doing no injury to men; decency in giving them no offense. —*Cicero.*

Justice is the insurance we have on our lives and property, and obedience is the premium we pay for it.—*Penn.*

The sentiment of justice is so natural, and so universally acquired by all mankind, that it seems to be independent of all law, all party, all religion.—*Voltaire.*

Justice is the bread of the nation; it is always hungry for it.—*Chateaubriand.*

An honest man nearly always thinks justly.—*Rousseau.*

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CHUN KING.
OR A CHANGE OF PACE.







ning out of delicious
nge of pace meal ideas?
n try Chun King Chow Mein.

Those crisp oriental vegetables, tender chunks of chicken, and special one-of-a-kind sauce make Chun King a delicious tasting change from the ordinary.

Absolutely delicious!

CHUN KING

Foxy Face-Savers and Clever Maneuvers, By James C. Humes

Be Introduced as a Speaker the Way You Want

nce in the 1930s Wiley Post, the fa-ous aviator, was guest speaker at a nner in a midwestern city. The mayor ve an effusive introduction, closing a ngthy buildup by announcing, "Our eaker, in his world-renowned accom-shments, has transcended the courage a Columbus, surpassed the daring of Drake, outstripped the valor of a Ver-zano and the mettle of a Magellan. dies and gentlemen, I give you . . . I e you none other than . . ."

He stopped, flustered and leaning er to Post, asked, "What's your name?"

So when Post got up to speak, he began: "Ladies and gentlemen, I have traveled in many places and visited many cities. But today I have experienced something more than the lure of London. I have sensed something more than the the vivacity of Vienna. I have witnessed something more than the majesty of Madrid or the beauty of Budapest. For nothing in my travels has quite equalled the charm and loveliness of your own city of . . ."

Then he leaned over to the mayor and asked in a loud stage whisper. "Say, what's the name of this burg?"

That is the kind of revenge every badly introduced speaker would cherish. Most introducers do, of course, remember your name. Sadly, that is not all they remember. In their zeal to build you up as a cross between Demosthenes and Alexander the Great, all they succeed in doing is transforming your life into a row of dull statistics. Since nearly all speakers have some sort of education, family and job, the introduction cannot help but bore the audience.

A good introduction is like a frame for a portrait. In my experience there is only one way to be sure that the frame does not obscure the picture, and that is to make it yourself. That's right. Write your own introduction and send it beforehand to the introducer with a note running something like this: "Rather than enclosing my résumé, I am sending you a copy of an introduction that was delivered recently." Keep the copy brief, unflowered, to the point and if you can, throw in a good anecdote about yourself —one that shows you as the butt of the humor in connection with your very impressive position. **End**

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We're looking for people to write children's books

'Writing for children is the perfect way to take up writing,' says the author of 53 children's books. 'Your ideas come right out of your own experience. And while it's still a challenge, it's probably the straightest possible line between you and publication – if you're qualified to seek the success this rewarding field offers.'

By Alvin Tresselt, Dean of Faculty

If you want to write and get published, I can't think of a better way to do it than writing books and stories for children and teenagers. Ideas flow naturally right out of your own life experience. While it's still a challenge, the odds of getting that first unforgettable check from a juvenile publisher are better than they are from just about any other kind of publisher I know.

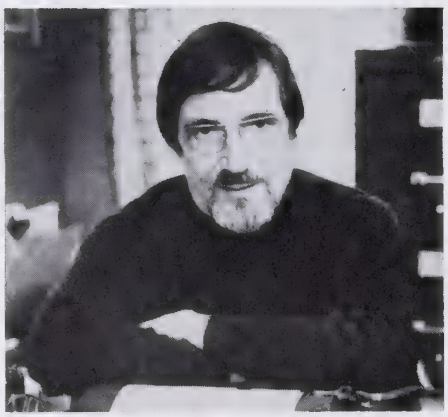
Later on, you may get other checks from other publishers. But right now, the object is to begin — to break into print — to learn the feeling of writing and selling your work and seeing your name in type. After that, you can decide if you want your writing to take another direction.

But after 30 years of editing, publishing, and teaching — and 53 books — I can tell you this: you'll go a long way before you discover anything as rewarding as writing for young readers.

Your words will never sound as sweet as they do on the lips of a child reading your books and stories. And the joy of creating books and stories that young people 'really dig' is an experience you'll never have anywhere else.

But, that's not all. The financial rewards go far beyond most people's expectations because there's a surprisingly big market out there for writers who are trained to crack it. More than 130 million young people's books are purchased each year. Between 2,000 and 2,500 new titles appear annually and new authors account for as many as half of them.

There are also 250 monthly magazines looking for material for young readers. You can imagine how much writing it takes just to keep them going!



Alvin Tresselt was Vice President and Executive Editor of Parent's Magazine Press, the first editor of *Humpty Dumpty's Magazine for Children*, and has served on the board of the Author's Guild. His 53 books for young readers have sold over two million copies.

'Am I really qualified?'

Yet two big questions bedevil nearly every would-be writer: "Am I really qualified?" and "How can I get started?"

This is our definition of a "qualified person": It's someone with an aptitude for writing who can take constructive criticism, learn from it, and turn it into a professional performance. This is the only kind of person we're looking for. The reasons are simple: our reputation is built on success, and if prospective students don't have the earmarks of success to begin with, we probably can't help them. And we tell them so. It's only fair to both of us.

To help us spot potential authors, we've developed a revealing test for writing aptitude. It's free, and we don't charge for our evaluation. But no one gets into the Institute without passing it. Those who pass and enroll receive our promise: You will complete at least one manuscript ready to submit to a publisher by the time you finish the Course.

When we teach, you learn

I've learned a lot about writing for children and I love it. Now I'm passing my knowledge on to my students so they can profit from it. When I'm not writing my own children's books I spend my time at The Institute of Children's Literature, a workshop for writers that does only one thing and does it better than any other school or college or university of its kind: It trains qualified people to write for the young reader. (In this age of boob tube illiteracy, convenient morality, and plastic values, *do you know of a more important audience?)*

This is the way I work with my students, and my fellow instructors — all of whom are experienced writers or editors — work more or less the same way.

When you're ready — at your own time and your own pace — you send your assignment to me and I read it and reread it to get everything out of it you've put into it. Then I edit your assignment with a red pencil just the way a publishing house editor would — if he had the time. I return it along with a detailed letter explaining my editorial comments. I tell you what your strong points are, what your weaknesses are, and just what you can do to improve. It's a matter of push and pull. You push and I pull and between us both, you learn to write.

The proof of the pudding

This method really works. I wouldn't spend five minutes at it if it didn't. The proof of the pudding is that many of our students break into print even before they finish the Course.

Kathleen Huber, N.Y., N.Y., writes: "Regarding my sale to *Highlights for Children* for $125, it started out as an assignment for the Institute, and *Highlights* was only the second magazine I had sent it to. Certainly your Course made this sale possible. It may be the best investment I ever made."

'I won first prize of $400 for a Course assignment!'

"Before taking your Course, (which I checked out with the National Better Business Bureau), the short stories I scribbled for my two tiny tots never caught an editor's fancy," writes Emily Burns of Salem, Oregon.

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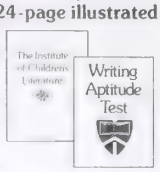
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How to Clean A Room

y Lois Libien and Margaret Strong

e and easy ways to reach, id, lift, and carry

aning a room is physical labor. Which y not be such a bad thing after all ce the majority of Americans are un-exercised to begin with. Housework is close to a vigorous physical workout many of us ever get. However, there's point in making it any more strenuous n it needs to be. There are difficult, fficient ways to do almost anything. d then there are the easy ways:

1. When you're cleaning something se to the floor, sit. Or, squat, your ees sharply bent, your weight on the ls of your feet. Bending over at the ist to do work at floor level—even en you're using a long-handled tool—iring and puts a strain on your back.

2. When lifting something heavy, p your back straight, bend at the ees to reach down to the object, grasp then raise it by straightening your s.

3. In lifting and carrying an object, your whole hand rather than just your fingers. Keep your arms and elbows close to the sides of your body. (An extended arm loses much of its strength.)

4. Don't stand on tiptoe to clean at shoulder level and above. It's tiring and you don't get the proper leverage. Don't stand on a chair, table, or box, either, no matter how sturdy they may seem; they weren't made to be stood on and might wobble, tilt, or cave in unexpectedly. In fact, the only safe, efficient way to clean above shoulder level is to stand on a stool or stepladder made for this specific purpose.

Whirlwind five-step plan for superficial presentability

No claims for thoroughness are made for the following slapdash procedure, but it gets the house straightened around on ten-minutes' notice or less, which makes it great for when your old college roommate calls to say she's in the neighborhood and will be over in a sec. This routine is so good, in fact, that it's worth committing to memory. It only requires that you keep an empty laundry basket (or some other kind of large basket) on hand somewhere. That, plus some fancy legwork.

1. Take the empty basket in hand and dash around your entryway, living room, dining room, etc. In the basket, put everything that's sitting out where it doesn't belong. Then quick, put the filled basket away in a dark closet or other hiding place.

2. Close the door to any room you don't want on display. Few people have the nerve to open a closed door.

3. Quick-clean the bathroom. Your guests will probably use it. Wipe out the sink and toilet, straighten the towels and rug. Quick-shine the mirror with tissues. Shove items that should be in the medicine cabinet back where they belong.

4. Do the dishes? No time. Instead, stack them neatly. Or hide them in the oven if they'll fit (desperate measure), or quick, put them in the dishwasher.

5. Plump the sofa pillows, wipe out the ashtrays, and straighten the newspapers and magazines, stacking them in one pile on coffee table or floor.

That should do it. You're ready for company, or at least the house is. Use the last minute or so before the doorbell rings to comb your hair and catch your breath. **End**

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This dinner menu features Rupert's Certi-Fresh Fillet of Sole in Butter Sauce, ready to heat and serve, plus the tempting taste of pineapple chunks in golden batter. This delightful meal menu has been tested for nutritional balance in the kitchens of Rupert's Certi-Fresh

RUPERT'S
CERTI-FRESH

Cleaning & Caring for Upholstery Coverings

By Lois Libien and Margaret Strong

Leather. All the information I gathered about caring for leather was confusing and contradictory, so I finally talked with a leather finisher, Don Good, President of Middletown Leather in Hackettstown, New Jersey, and he cleared it all up.

Instead of vacuuming leather, *just* dust it with a soft cloth and *no polish.* From time to time, you can "cleanse dirt from the surface" by washing the leather with thin suds made of Ivory soap or flakes and lukewarm water. The leather should then be rinsed with a clean, damp cloth and polished with a clean, dry cloth. Says Mr. Good: "The track record shows that this method works. Some saddle soaps might do a good job, but some might not . . ."

Oh, yes. Never soak the leather.

Vinyl. You can treat vinyl upholstery just as you would treat leather upholstery—except that when vinyl is exceptionally dirty, you can let the suds soak in for a few minutes before rinsing them off.

All about slipcovers

Slipcovers are a marvelous invention, useful for all sorts of reasons. They prolong the life of upholstery fabric by taking the punishment of daily wear and tear. They also hide the defects of co erings that have aged beyond the prime.

But no matter why you use slipco ers, they get dirty just as anything el does . . . maybe dirtier. Unlike u holstery, though, they are removable an can be washed—if they are permane press and washable. If not, send them t the dry cleaners.

What to do once a week

Vacuum the slipcovers just as you woul vacuum the upholstery.

What to do once a year

Or whenever needed. Wash the sli covers or send them to the dry cleaner You can even send washable slipcove to the dry cleaners.

What to do before washing the sli covers.

1. Make sure that the fabrics and th bindings really are colorfast and shrin resistant. Test an inconspicuous portio by sponging it with water and detergen and letting it dry thoroughly. If you' satisfied with the results, go ahead an wash them. If not, send the slipcovers t the cleaners.

2. Vacuum the slipcovers whil they're still on the furniture to remov surface dirt.

3. Take the slipcovers off the furn ture, zip them up again, and sew up an seams that may have opened.

4. If there are any stains, work little detergent and water into them s they'll be removed more easily in th wash.

Now the slipcovers are ready to b washed.

The easiest way to wash them is i the washing machine—and if the slip covers are very soiled, you'll probabl want to give them two washes.

Remove the slipcovers from the wash ing machine before the spin cycle so th wrinkles don't set in. Give them two ex tra rinses to get all the detergent out

You can either hang them on clothesline or dry them in a dryer se for low heat. If you hang the slipcover on a line, hang them from the two cor ners of the seat. If the clothesline is out of-doors, turn the slipcovers inside ou to avoid fading.

While they're still damp—but not we —put the slipcovers back on the furni ture. They should fit snugly, and you can smooth them as you zip them up If there are pleats or a ruffled skirt, iro only that part before putting the slip cover back on the furniture.

If you have no washing machine, you can wash slipcovers in the bathtub squeezing them with your hands in th sudsy water and giving them severa rinses. It's a job. **End**

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Can This Marriage Be Saved?

continued from page 22

sexual bond, and they had a son whom they both loved. Neither she nor Glenn wanted a divorce. By seeking professional counseling when their marital problems first manifested themselves, they were able to find solutions.

"In our opening interview, Josie acknowledged that Glenn's growing indifference (as she interpreted it) was by no means the primary cause of her unhappiness. Josie was going through an identity crisis familiar to mothers who wonder what lies ahead as they watch the last child board the school bus.

"When Jimmy enrolled in school, Josie felt deprived of her major function; she automatically turned to Glenn for comfort and, as she saw it, was cruelly rebuffed. This plunged her into gloom.

"Glenn was not to blame. She couldn't depend entirely on him to make her feel content and fulfilled. She needed a job or some other creative outlet. She needed friends. She needed to mature.

"Josie had the college degree and Glenn had the common sense. Intelligent in very dissimilar ways, they both profited from several individual conferences and a number of group counseling sessions. Other couples of Josie's age freed her from some of her rigid notions, copied from ultra-conservative parents.

"Several of the wives in the group were feminists, and at first *(continued)*

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Can This Marriage Be Saved?

continued

Josie felt that they were enemies. When she relaxed, shed some suspicions and opened up, she found that she liked the women and that they liked her. In addition, they helped change Josie's views on marriage roles of husband and wife.

"Nowadays, Josie—who *is* good with figures—does the family bookkeeping. Having that control, she worries less about family finances and the expe of Glenn's hobby. Glenn, in turn, is allowed in the kitchen, and whene they give a barbecue—yes, they now tertain—he presides over the steak.

"At one session, when they practi role playing, Glenn pretended to Josie, and experienced for himself w it was like to worry when someone unaccountably late. For the first ti he was able to understand and to acc that her anxieties were genuine—p she cared for his welfare. He now t phones whenever he expects to be l

"In another session, all the husba tackled Glenn, convincing him tha married man who picked up a stra girl to do nude modeling was hea for trouble. Easygoing Glenn promi to be less freewheeling in the future, Josie says he has kept the promise.

"When Josie played the role of Gle she understood some of his feelings saw how she had driven a wedge tween him and their son. Fretting lik mother hen over Jimmy's physical saf she had discouraged Glenn's interes the boy. At her request, Glenn t Jimmy fishing. The two of them sta out all day, without a whimper f Josie. Father and son count on enjoy other such occasions. *(continu*

BOOKLET BOOKSHELF

Handy information to send away for—at little cost.

"104 Ways to Control Your Electric Bill." The title tells all, in this informative, comprehensive booklet from the Edison Electric Institute. Subjects range throughout the house: heating, cooling, cooking, lighting, washing-drying. And it's free from: *Ms. Fran Caro, N. W. Ayer ABH International, 1345 Avenue of the Americas, New York, N.Y. 10019.*

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Fireplaces and how to use them—a subject of compelling interest to all who have one in these days of energy crunch. Now is none too soon to consider how to make yours more heat efficient for the inevitable cold-weather months ahead. The Norwich Laboratory "Report on Fireplaces" is an unusually comprehensive, informed and literate discussion of the subject, available for $2 from: *Norwich Laboratory, 14 Prentice St., Dept. LHJ, Norwich, N.Y. 13815.*

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"What we finally did about smoking."



"I married a man who smoked. And I smoked, too. Obviously smoking isn't what brought us together, but we liked to talk while enjoying the taste of a good cigarette.

"Since taste is what we liked about smoking, we smoked high-tar cigarettes.

"Well, when the stories started about high tar, they began getting to us. So we started looking into low-tar cigarettes. With very little success. We tried a lot of them but they all seemed as dry as cotton. And they had no taste.

"Then one day my husband brought home a carton of Vantage. Naturally, I tried them, too. To make a long story short, we stayed with them. The taste was so good we hardly noticed that we'd switched at all.

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Can This Marriage Be Saved?

continued

"As yet Josie, who still fears that she might be inadequate, does not hold a paying job. She does volunteer work, however, and devotes time to Jimmy's school, where she coaches youngsters with learning disabilities. Jimmy's teacher, by the way, is now a friend and admirer.

"Josie and Glenn devote every Saturday to family fun. They usually go to the movies or invite friends, sometimes neighbors, to a backyard barbecue. Incidentally, the grass is mowed, the aphids, mosquitoes, chinch bugs routed. The fruit trees are pruned, sprayed, fertilized and productive. Josie did it all. Landscape gardening is an outlet that keeps her busy and makes her happy." **End**

ONASSIS & ME

continued from page 64

"Con," not only because that's the French way to say it—there was still a great search for financing. One day I noticed this guy following me around in a sweatshirt and an old windbreaker, and he told me that he would like to back the picture.

"How much would it cost?" he asked.

I looked at him and figured that he didn't have a nickel in his pocket, so I just said off-handedly, "Oh, six or seven million."

I figured that would be the last of him. And I forgot him. We went back to Rome, and Mastorakis brought me a script that I didn't think was good enough. Then I got a call from New York. It was the sweatshirt character. He told me he too had read Mastorakis's script, and it was not the picture he wanted to do. But he urged me to come to New York and discuss things.

I went to New York, expecting this new man to invite me to a hamburger bar for a discussion. Instead, his office turned out to be one of those overpowering ones (first, I thought he'd borrowed it)—and Allen Klein turned out to be a wonderful, skillful, movie-wise backer who became co-producer and helped to make the dream come true. It was Allen who decided to get J. Lee Thompson as director (we'd had great luck before on *The Guns of Navarone*)—and it was Allen who worked with me on the concept of the film, which finally put my mind at ease.

"I don't want to do a biography," I said. "I don't literally want to be Onassis."

"That's the way I see it," he said. "To me, it is the greatest fairytale of all time—a dramatization of all the fantasies of our day. A man who has everything—and nothing. A beautiful woman who has the adoration of the world—and who the man marries as a crowning achievement of his life. A love story—but essentially a fantasy."

I agreed. "Then I don't have to be tied down to the fact that I'm six-two and Onassis was five-eight. It will be a fable—and that is the way it should be."

And that is the way it worked out. The character I play is a man caught in his own golden web. I used a lot of Onassis, but not only Onassis. It is a picture about power and its emptiness. It is a picture about a man who loved many women, but who lost all with the loss of his son. (At that Regine's meeting, the last time I saw Onassis, I remember him asking me about my four sons. And I remember him saying, "I would give up everything to have just one.")

Picture a love story

The picture is a love story—about two people who, for whatever needs, made a covenant and reached out to each other at an empty time in their lives. It is a picture about a man who found a great love too late in his life—but who did not regret it. It is a picture about a man who was fascinating (as Onassis was), but not a phony (as Onassis was not).

And it is a movie about a woman, too. And that brings me to a moment in the making of *The Greek Tycoon* that sort of ties the whole story together. Jacqueline Bisset plays the part of Liz Cassidy, and she does a magnificent job. One of the best scenes in the movie is one I had a great deal of trouble with, because it was almost a reprise on my conversation in Central Park. Theo Tomasis (that's my name in the movie) says to Liz: "I can't go all through this junk of calling you Mrs. Cassidy. I'm a rough, tough guy, and that's me, and if you don't like me, the hell with you, but can I call you Liz?" It was almost a playback of what I'd said to Jacqueline Kennedy.

Yes, I'll admit, for me there was a fine line between fiction and my memories. But it all came together in one very difficult, complicated scene that is a high point of the movie. It takes place when Mrs. Cassidy comes to meet Theo on his yacht. We had rented Bill Levitt's yacht, "La Belle Simone," for the movie and in this scene the Greek tycoon, in order to welcome Liz, has hired helicopters to fly over and drop flowers, in Greek style. Hours and hours, days and days, had been spent organizing the scene, synchronizing the helicopters, the boat and the cameras—and making sure the light was just right. We rehearsed and rehearsed, and finally the moment came to shoot the scene. Jacqueline Bisset steps up the gangplank, and I am supposed to walk down the long steps and say, with proper importance and emotion, "Welcome, Mrs. Cassidy." *(continued)*

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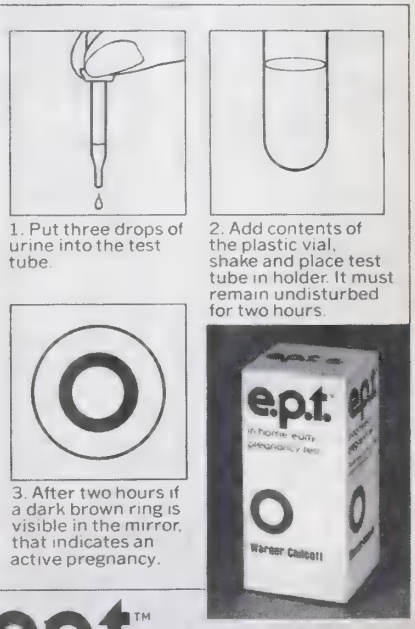
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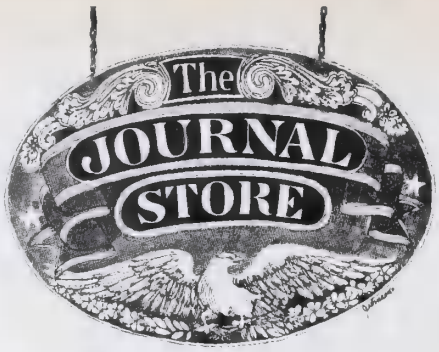
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LYNN HEADLEY—EDITOR



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ONASSIS & ME

continued

Finally at four o'clock in the afternoon, we had the one chance at the shot. The sun was just right. The helicopters were right. They had bought tons of gardenias and roses and orchids. It was one of the most intricate production shots I have ever taken part in, with the helicopters hovering and descending, and I am gathering my wits to say, "Welcome, Mrs. Cassidy" with as much yearning and love as I can get into the line.

Well, you can guess what happened. It was the dead microphone all over again. As Bisset walked towards me, radiant and dignified and glorious under the rain of flowers—with everything timed to the second—I knew it was *the* moment, the high note the opera star tries for, the extraordinary cornet note a Bix Beiderbecke hit. I looked at the lady with awe and tenderness, and something in me snapped, and I said:

"Welcome, Mrs. Kennedy."

The picture, of course, is fiction. But to an old romantic like myself, fiction and reality had suddenly blended and I had gone back in my memory to another personal day.

I ruined the take, and I wasn't even conscious that I did. But everybody broke up laughing, and though it cost a fortune and we had to redo the scene the next day, there was complete understanding of how and why it had happened.

Involved in an event

But then I don't think anyone in this movie considered this just a job. We all felt we were involved in an event. And I, with my special ties and my special memories, am pleased with the result. I go back to a principle of Zen Buddhism. When we shoot at a target, whether the target is worthwhile or not, we shoot for the center. When Aristotle Onassis asked that I play him, I think he was saying, "Don't stack the cards against me, that's all. Treat me as a human being. Give me a fair shake." I've tried to play this role, this fabled man, as a human being with frailties, with a certain amount of vulnerability—and certainly a great yearning for love. Which is, in the end, everyone's yearning, and which sums up the only power we have.

As to the character of Liz Cassidy, as played by Bisset, I understand completely why Theo Tomasis undid his whole life to unite it with hers. She is not only one of the most beautiful ladies in the world, but one of the most formidable. It takes a hell of a man to want to assume that responsibility—and it takes a hell of a woman to be worth it!

I think Aristotle Onassis would not have been angry with this film. I even hope I might hear him say I had fulfilled an unspoken promise. **End**

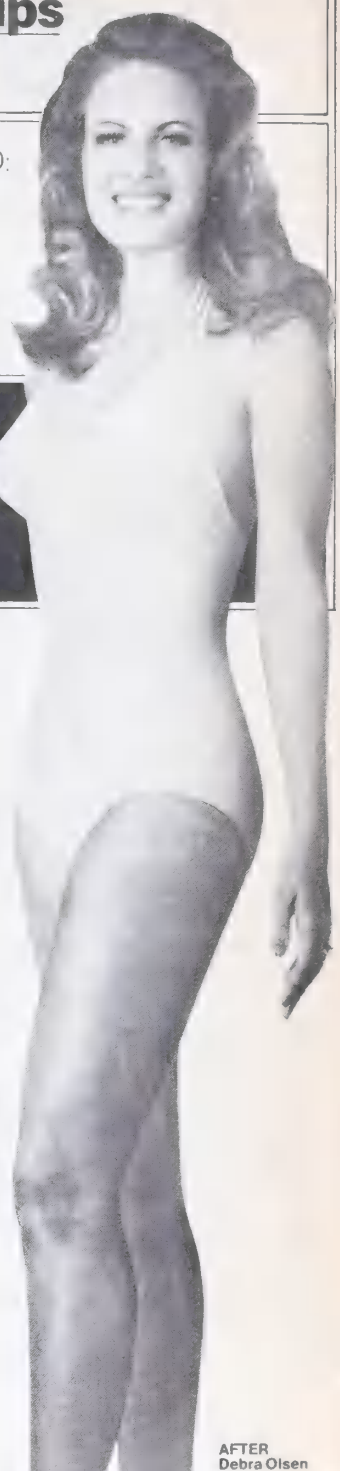
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BEFORE

A skeptical Debra Olsen just before slipping on her Slim-Skins for the first time. Will Slim-Skins succeed where everything else has failed? Starting measurements: Waist: 28"; Tummy: 35½"; Hips: 39½"; Thighs: 23½"





Debra slips on her Slim-Skins—snaps the universal adapter to her vacuum cleaner and turns it on. Just 10 minutes of the rhythmic motions of the Slim-Skins "Permanent Inch Reduction" program and 15 minutes of pure relaxation—as the excess inches disappear like magic.



AFTER

Total success! Debra is all smiles as she happily views the stunning results of her very first Slim-Skins experience. **Waist: 26"; Tummy: 32"; Hips: 37½"; Thighs: 21⅜"**

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A PERSONAL DECISION

continued from page 45

said. "I think you need to rest." He turned around to look at her. "I always sort of thought Heather belonged to *both* of us."

In the middle of the night, Beth sat up and turned on the light. Erwin opened his eyes.

"The trouble is," Beth said, "that no one will even say 'Congratulations!' "

"What do you mean?"

"I mean that in the old days when a woman was pregnant, everyone just beamed, and hugged and kissed her, and said how wonderful it was. There used to be so much joy in a new life, in the miracle of a baby. When I became pregnant with Heather, my old doctor—do you remember that nice man—said, 'Well, my dear, I do believe you're going to add to the universe,' and his eyes were all twinkly, and he hugged me when I got off the examining table. *Now* my doctor says, 'Nothing to getting rid of it. A shot in the cervix no more noticeable than a pinch. Women should have their options on their own bodies.' "

"Is that what he said?" Erwin asked.

"And my *mother!*"

"You told your mother?"

"No, no, of course not. But you know my mother has never adjusted to being a grandmother. I know what she would say if I did tell her. 'Oh, my God, Beth, you're not going to start all over again at your age, are you?' And my friends, all my liberated friends, they'd make me feel self-conscious, too, if I carried a big belly all over the place. They know we built our house with only two bedrooms, and I've always insisted we wanted just one child. If I were pregnant, I think that wherever I went, I'd feel against the trend. No one describes it as a miracle anymore! When's the last time a wedding ceremony had the words 'Be fruitful and multiply'?"

"Do you really care what others will think?" Erwin asked.

"Oh, not really," Beth said. "But I really do care what *I* think. Do I want to start all over, now that Heather is so independent? Do I want the diapers, the crying at night, the fears for every sneeze and cough? The utter commitment and responsibility for another person in this uncertain world? The selflessness? Do I have the strength? The patience?"

"Do you?"

"I don't think so, Erwin," Beth said. "I just don't think so."

After Erwin fell asleep, she gave herself a test.

"It's crying now. The house is cold. I have to get out of bed. I have to change the baby's diaper. I have to sit with the baby in the rocking chair and give it my breast."

She waited to feel the memory of fatigue, of the misery of being waked at night. All she felt was a strange delight, an excitement.

She added a croup attack. "The baby has a fever when I put it to bed. It wakes at midnight with that barky, ringing cough, it can't breathe, the sound terrifies me. I run to turn the shower on, the hot water steams the room. I hold the crying, choking baby in the steam. God, I love that baby!"

It occurred to her suddenly that she *was* exercising her options. Abortion was a contemporary social reality. Some people felt abortions were wrong, a kind of murder, except for victims of rape or incest. Others felt that safe abortions should be available to everyone, especially to those beleaguered mothers to whom another unwanted child was a physical and mental and economic calamity. For herself, this wasn't an argument about morality. It was a personal decision, the exercising of an option that society had made available. The world, or her friends, or even her husband, should not exert the pressure that pushed her into making up her mind. Sentimentality, or tradition, should not be the moving force either. Love and biology and the failure of a man-made contraceptive had given her the beginnings of another life within her, which was going to change *her* life and her family's life. Should she accept the accident of fertilization? Or terminate it? In the end, it could not be a purely intellectual decision.

She remembered, when she first became pregnant with Heather, how she had spent hours contemplating the color of the baby's eyes—would it have Erwin's dark brown eyes, or her own greenish-blue eyes? She caught herself wondering the same thing about this possible child.

"Erwin," she whispered. "Are you awake?"

"Um—yes," he said.

"I want to tell you something. I just realized why it is I feel so rotten. It's not because I don't want a baby. It's because I don't want to have it aborted. I want to know the color of its eyes."

"I agree with you," he said. "Let's go for two!"

"You agree?"

"Yes, I agree. I suppose it's easier for men to have that progenitive, continuation-of-the-bloodline feeling. But I didn't want you to feel any pressure from me if you decided against going through with it. It was important for you to make that decision yourself."

"Oh, I really feel better," she said. "I just had to locate and define that heavy, basic feeling in my gut, and find out what it was. It's mother-love! Can you imagine? Old-fashioned, heart-shaped, mother-love! My hormones are already conditioning me. I can hardly wait to go shopping for a baby carriage."

"It's not just hormones, Beth. It's you. It's *us.*"

"Goodnight, Erwin. I promise I won't wake you again. No, I *don't* promise. Why don't you roll over here close to me? No, not *that* close! Well, maybe even closer. I'm open to all sorts of possibilities now!"

In the morning, Beth hugged Heather goodbye and watched her walk down the street toward the school bus stop. The sun bounced off her golden hair, shooting sparks into the blue sky. The world was as safe as it had ever been.

Then Beth got dressed and drove to the supermarket, where she located a young mother and baby, and followed them, pushing her cart a brief distance behind, throughout the store.

When the woman stopped to select meat, Beth went up close to the baby, a little girl wearing a pink knitted cap and sucking on a pretzel. Beth stared at the baby. Suddenly, it smiled, waving the sticky pretzel in her direction. Beth smiled back.

"She has beautiful blue-green eyes," Beth said to the baby's mother.

"Oh, thank you, I *know*," the mother sighed. "I look at them for hours every day."

Low down in her abdomen, Beth felt cramps return. Whatever happened, at least she knew where she stood. **End**

